

Volume I, Issue 12

online at voiceofthevillage.org

October I 2010

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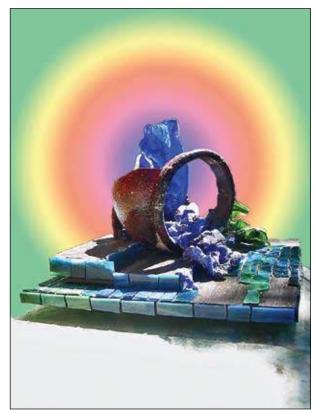
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# Healing from the Ashes art exhibition opens October 3





Left, "Siddhartha's Childhood" by Lark and "Glass Fountain," right, is created from remnants

#### Marcia Groff

Healing from the Ashes is a dynamic and meaningful art exhibition featuring mixed media art created from the remnants of homes destroyed in the 2009 Station Fire.

The exhibition will be held Oct. 3-21 at the Century 21 Crest Realty Building at 8263 Foothill Blvd. in Sunland. An opening reception will be held Oct. 3 from 2-6 p.m. It is open to the public Wed.-Sun. noon-6 p.m. Proceeds from sales of the art will go to aid fire survivors.

Local artist and curator Ariyana Gibbon and several volunteers salvaged remnants from homes in the Vogel Flats region of Big Tujunga Canyon, which were destroyed by what is considered Southern California's worst forest fire disaster. The collected materials include chunks of molten glass, electrical parts, rusted metals, broken dishes, stained glass, knickknacks, tiles, charred wood and stone.

More than 30 artists from Sunland-Tujunga and various regions of Los Angeles County and Palm Desert donated their time and talents to create more than 65 works of art with the salvaged materials. The result is a show that features a diversity of media including mixed media assemblage, glass, metal and wood sculpture, paintings, mosaics and photography. It provides collectors a rare opportunity to acquire one-of-a-kind artistic pieces of history, as all art works are for sale.

Some of the notable artists include painter Diana Wong; Mary Clark-Camargo and Annmarie Socash, known for their mosaics; mixed media artists Lauren Volk and Ashley Webb; sculptors Clare Graham and John Gibbon; mixed media painter Lark and glass artist Linda Stewart, along with Robin Cohen, Edward Goldstein, Richard Madeira, John Matthews, Sophia Clarke and Richard "El Bandito" Stewart.

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# Voice of the Village is back in the classroom

#### **Jeannine Crowley**

Starting September 13, Voice of the Village is back in the Journalism class at Verdugo Hills High School. This is the beginning of our second year of publishing and we are starting out the first few weeks, teaching the Associated Press style guide and the layout and imaging programs we will be using through out the school year. Voice of the Village has purchased textbooks for each of the participating students.

The first issue the students will be completing in the classroom will be the November issue and will continue through May. Taking time to teach the programs and the process will enable the students to layout pages more accurately and to take with them skills that will help them through college and possibly on into a career.

The Voice of the Village mission is to communicate a positive image of the Sunland-Tujunga-Shadow Hills community in a way that benefits the community as a whole with a particular concern for our young people; to improve the quality of life in our community; and to do this in a manner that shows respect for all in the community.

We are published by The Sunland-Tujunga-Shadow Hills Community Fund, a non-profit charitable organization which funds such projects as the Verdugo Hills High School Matching Grant Fund, the publication of the Verdugo Hills High School Newspaper La Yuca, and other worthy causes. We are advertising-supported. All profits from advertising sales go to the Sunland-Tujunga-Shadow Hills Community fund and are used for the benefit of the community as a whole.



Meet our 2010-2011 student editor staff: Front to back, Connor Newell, Lina Hwang, Christy Kim, Irene Penn, Josh Esquivel, Travis Pierce, Isabella Carpio, and co-editors Samantha Willson and Amy Hwang.

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# Kiwanis Club invaded by Rotary and Lions

#### **Richard Stewart**

The Red Coats of the Lions Club and the Rowdy Rotarians invaded last Tuesday's meeting of the Sunland-Tujunga Kiwanis Club. A year ago the Lions did the same, invading the Wednesday night meeting of the Rotary Club at Coco's. After the altercation and all the dust settled, a renewed friendship was made and the two clubs have teamed up since with many joint community projects.



The same spirit of community is being extended to the Kiwanis Club, although the dust has not settled yet. Kiwanis president Dave Hall was not at the meeting when the two clubs crashed his dinner meeting at Joselito's, leaving incoming president Bob Warren to handle the invasion.

Warren did well, but we have learned from a trusted source that a certain Kiwanis gavel was found missing after the two clubs left the meeting.

No police reports have been filed as of this date, and Ellis Robertson, Past President of our local Rotary club, would not comment on the missing gavel except to say "Somehow the Kiwanis gavel appeared in our Rotary briefcase!"

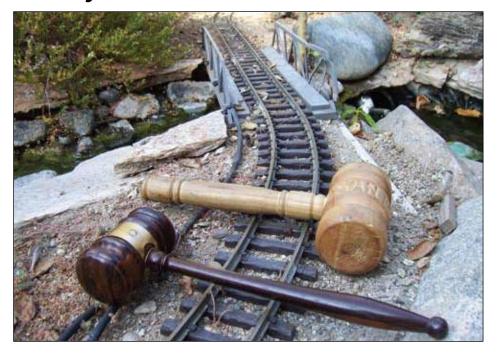
Voice of the Village did an investigation and discovered that the Rotary Club is, in fact, in possession of the Lions Club gavel as well and has had it since December 2008. More alarming was the ransom note received by the Voice of the Village, demanding attendance to the Dance Night Party Sept. 25 at the Elks Lodge for the safe release of both gavels.

"That is not my hand on the skill saw about to cut both gavels in two," said Robertson. Further investigation found a similar looking skill saw



used in the ransom note at the OK Trophy shop owned and operated by Robertson.

"This is extortion and we will not stand for this type of activity in our town," said past Sunland-Tujunga Honorary Sheriff and Kiwanis member



Dave Bellusci, who was said to be consulting legal options for the club. "Our club will be attending the Elks Club dance on the 25, but we won't be dancing. We will be bringing the police to shut them down."

An empty threat? Perhaps, but as we go to press no ransom has been paid and the gavels appear to be in grave danger. Honorary Sherriff Tawnya Gartside is on the case and expects a quick resolution.

This is a sad and unfortunate situation for our normally calm and peaceful community. We hope all is somehow resolved and the three clubs can join in future projects helping the Foothills. Maybe they can settle their differences with the three clubs participating in the dance contest being held that night.

Please visit the Elks' Dance Night Party with our own local The Way To Happiness band to help calm this community down and settle this madness.

Proceeds of this dance will help the "Healing From The Ashes" art show and auction for benefit of those who lost their homes in the Station Fire.

Editor's Note: It was with relief and joy that the editor discovered under further investigation that all the above was done in jest, adding to the playful spirit of our community. The ongoing game of club gavel theft is apparently an old tradition amongst community clubs to encourage interclub visitations.

#### Healing from the Ashes continued from page 1

"Two of the artists, Dante Rizo Jr., a wood sculptor, and Scott Schwam, a mixed media artist, both lost their homes in the fire and found their participation in the project had a cathartic affect on their lives," Gibbon said. "This exhibition demonstrates the transformative vision of the beauty that can emerge out of a tragedy, just like the universal phoenix bird rising out of the ashes. These materials have been repurposed, given a new life, a new look and a new incarnation."

One of the highlights of the exhibition is an eight-foot mosaic of a phoenix made from colorful Mil Fiori hand-blown Italian glass, stained glass and broken dishes, which Gibbon

would like to see as a permanent installation in the community to encourage hope.

A victim of a forest fire in 1994, for years Gibbon wanted to help fire survivors through art. She resides only five minutes from the Station Fire area and felt could not ignore the plight of those who lost their homes. "The aim of Healing from the Ashes is to bring members of the community together for fundraising and healing, recognize the loss, and support the futures of the seven uninsured families who survived."

HealingfromtheAshesissupported by numerous local organizations that include the Sunland-Tujunga Rotary Club, Ray Mirzakhanian of Century 21 Crest Realty, Synergy Art Foundation, Sunland-Tujunga Lions Club, McGroarty Art Center, Do-It Center, and the Sunland Tujunga Community Council.

Accompanying programs for the exhibition include:

Oct. 7, 7 p.m. - Screening of documentary film entitled "The Station Fire Tragedy" by award-winning filmmaker Christopher Toissaint.

Oct. 9, 7-10 p.m. - Open Mic, music and songs about the Station Fire, with a potluck supper. Guest poets include Jane Fontana and Dorothy Skiles. Oct. 16, 1-5 p.m. - Artist demonstrations

Oct. 17, 3-5:30 p.m. - Poetry reading

Oct. 21, 7-10 p.m. "Recovery of the Forest" slideshow presentation by Corina Roberts followed by the closing night reception.

Additional events to be announced.

For additional information contact Marcia N. Groff at 310-310-3973 or entmg@ adelphia.net. For additional information on Healing from The Ashes contact Ariyana Gibbon at healingfromtheashes@live.com







# Los Angeles City Controller: taking control



Los Angeles City Controller and former City Councilmember Wendy Greuel.

#### Fran Loiselle

It was like having a good friend visit after being away for a while. "Bud's Place," the room used at Tierra del Sol for this luncheon event, was filled with many of Wendy Greuel's friends and constituents from when she served our area as the Los Angeles City Councilmember for the second council district.

Greuel shared some interesting challenges that face her on a regular basis as the Los Angeles City Controller, such as balancing the budget, dealing with pension issues, and the infamous DWP promises.

Finding and identifying some of the high-dollar waste within the city has uncovered expenses of more than \$800,000 for GPS systems that are either non-operational and not used or unaccounted for, and loss of equipment under \$5,000 value that was not even recorded. As part of her auditing responsibilities, Greuel shared that for a city the size and scope of Los Angeles, she should have 145 staff auditors and

she has 15. Additionally, after years of refusal from the Los Angeles Unified School District to have an independent audit done, Greuel extended an offer for her office to perform the audit and after a few months LAUSD finally agreed.

In the past, on average only 46 percent of all the audits completed were even brought before the City Council. Controller Greuel is the first one to publicly post on their Web site the real salaries of the City Council members. Controller Greuel emphatically stated her goal to get things done and correct the problems. She invited everyone present to leave their business cards if they wanted to receive her regularly e-mailed newsletters, which provide information on the issues she is addressing.

Some questions were posed to Greuel regarding the school budget vs. expenses per classroom; she responded that she did not have the specific numbers with her and she would look into the matter and let us know.

Controller Greuel
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# Features

# Caring for an abusive elderly family member

#### Mary Mulally MeriCares

How do you take care of an elderly family member who is abusing him or herself with alcohol or drugs?

I have many years of experience with families who are going through this. My advice is to take a look at yourself to see if you are enabling. Stop enabling! Get some help for yourself. Go to family support groups or Alcoholics Anonymous. The codependents feel so guilty and really feel they are doing the right thing, and at the same time are so burned out on trying to manage this person's life in every aspect.

There comes a point that the elderly alcoholic might need someone outside the family to come in and do what they can't do; I have found that a person is more likely to listen to someone outside the family. Or the elderly person will have to go into a structured environment, such as assisted living, so the alcoholic behavior will stop. It's a hard thing for any family to come to terms with but the results will have a better outcome for all involved.

According to the aging parents and elder care support group Web site you need to understand what enabling behaviors are. Can you identify yourself or any person with any one of these behaviors?

Avoiding and shielding: Any behavior by the codependent covering up for an alcoholic, or preventing them from experiencing the full impact or

harmful consequences of alcohol/drug use.

Attempting to control: Any behavior by the codependent performed with the intent to take personal control over the significant other's alcohol/drug use.

Taking over responsibilities: Any behavior by the codependent designed to take over the abuser's personal responsibilities, such as household chores or employment.

Rationalizing and accepting: Any behavior by the codependent conveying a rationalization or acceptance of the significant other's alcohol/drug use.

Cooperating and collaborating: Any assistance or involvement by the codependent in the buying, selling, adulterating, testing, preparing, or use of alcohol/drugs.

Rescuing and subservience: Any behavior by the codependent overprotecting the abuser and subjugating himself/herself.

If this sounds like you or someone in your family, you are headed for rougher times.

It is helpful if the whole family gets together and confronts the elderly person with the abusive behavior that is occurring and the effect it is having on them and others who love them. Also, you must let them know the consequences of their actions if this continues. Everyone in the family has to be on board, and if there is one person who is more influential than the others make sure they are present, because they might have the biggest impact. You must as a group set up boundaries and stick to them.





## The truth about soy

#### **Jennifer Clary and Kevin Haberer**

There is an ongoing debate as to whether or not soy is healthy. Critics claim that soy interferes with thyroid function, increases the body's need for B12, and contains high levels of aluminum, which can be detrimental to the kidneys and nervous system. Soy advocates, on the other hand, say that soy lowers cholesterol, has been shown to reduce the risk of cancer, and effectively strengthens bones to protect against osteoporosis. Which side is right? Should you consume or avoid soy products for optimal health?

The truth is that while soy is not a miracle food, it is a healthy addition to a diet if consumed in moderation. For vegans and vegetarians, soy is an invaluable source of high quality protein that is rich in iron, zinc, and calcium. When eaten two to five times per week, soy reduces the risk of heart disease, improves bone health, helps to control diabetic symptoms, and has been shown to guard against digestive system cancers such as colon, rectal, and prostate cancer.

Soy critics do have some valid concerns, however. In Western countries soybeans are heavily sprayed with pesticides, which have been shown to affect the nervous system by interfering with the neurotransmitter acetylcholine. Further, soy foods can disrupt the function of the thyroid gland, so people who have or who are predisposed to developing thyroid conditions do need to take extra precautions when adding soy to their diets.

Ultimately, the verdict on soy is that it is like any other food. In moderation, soy is a delicious and nutritious part of a well balanced diet. In excess, soy may prove more harmful than beneficial. Be sure to exercise portion control when you consume soy to realize this food's many health benefits without experiencing negative side effects.







## Hummingbird heaven in your backyard

#### **Madena Asbell**

Hummingbirds are a fixture in Southern California, both in home gardens and on the Sun Valley grounds of the Theodore Payne Foundation for Wild Flowers and Native Plants. The fascinating little birds are drawn to the region's year-round supply of nectar-filled flowers and safe nesting spots.

At the Payne Foundation, hummers visit sages and penstemons in spring, keckiellas and galvezias all summer, zauschnerias in fall, and manzanitas in winter. The birds pick small hairs and insects from the undersides of sycamore leaves that shade our sales booth, and they bathe in the fountain below the tree. Although fewer hummers are seen in winter due to the migration of many species, Kimball Garrett of the Natural History Museum of Los Angeles County tells us to watch for Anna's and Allen's humming-birds, our two most conspicuous resident species.

Many people are interested in attracting hummingbirds and have no trouble finding plants to do just that. In fact, it might be more difficult to plant a native garden that does not attract hummingbirds. Even non-native citrus trees and flowering maple or tropical fuchsia in your garden will further ensure the presence of tiny hummers. Here are a few things to consider if you want to see and enjoy humming-birds all year long.

First, choose hummingbird plants – especially California natives – with different bloom seasons, so that food is always available. Manzanitas provide nourishment during the winter, when few other native plants are blooming. Their clusters of small urnshaped flowers are typically white, light pink or dark pink. Different species and cultivars of manzanita bloom at different times in winter and early spring, so planting several kinds will extend the bloom season for hungry hummers.

Second, welcome insects and spiders into your garden. In addition to sugary nectar, hummingbirds and their young depend on protein from insects gathered from flowers and foliage. Females build their amazingly sturdy, walnut-size nests out of soft materials, such as leaf fuzz, mosses and lichens, all held together and affixed to branches by silken threads of spider web.

Third, supply water – an essential ingredient for any bird garden. Hummingbirds enjoy a dip in a birdbath, waterfall or fountain, as long as the water is not too deep (say two to four inches) and water pressure is not too strong). Misters are another great way to attract hummers, especially during hot summer months.

Lastly, provide nesting places. According to Garrett, hummingbirds typically build nests six to 15 feet off the ground in a variety of shrubs and trees, including native oaks and sycamore and non-native avocado, where they are well camouflaged by leaves and twigs. They favor branches that are sheltered from sun and rain. Hummingbirds do not use traditional birdhouses.

Some great California native hummingbird-friendly plants include:

Aquilegia formosa (Red or Western Columbine) Calliandra californica (Red Fairy Duster)

Ceanothus species (California Lilac)

Dudleya species (Chalk Lettuce or Live Forever)

Heuchera species (Alum Root or Coral Bells)

Justicia californica (Chuparosa)

Lonicera species (Honeysuckle)

Mimulus species (Monkey Flower)

Ribes species (Currant and Gooseberry)

Verbena lilacina (Lilac Verbena)

For further hummingbird reading, visit http://www.hummingbirds.net and http://www.hummingbirdsociety.org.

Madena Asbell is an artist and assistant nursery sales manager at the Theodore Payne Foundation, a non-profit organization that operates a year-round native plant nursery and education center in Sun Valley. For more information visit http://www.theodorepayne.org.





To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to the stars and birds, to babes and sages, with open heart; to bear on cheerfully, do all bravely, awaiting occasions, worry never; in a word to, like the spiritual, unbidden and unconscious, grow up through the common.

- William Ellery Channing







# Angeles National Forest recovers from the Station Fire





#### **Corina Roberts**

The forest is recovering. That the fire was a necessary event in the life cycle of the forest is evidenced everywhere you look. Three things are contributing to this vigorous recovery: the occurrence of the fire itself, the ample rain that followed, and the closure of the forest to public use during this delicate time

The display changes weekly. The plants grow rapidly, produce a profusion of flowers and seeds, and are soon crowded out by yet-taller flowering plants. By May the landscape was transformed into a waving carpet of flowers, punctuated by tall white plumes of blooming yucca and accented with blackened snags of brush and trees, looking isolated now in a sea of color.

Fire is an integral part of wilderness ecosystems. It is a natural element as vital as air, water and sunlight. Fire plays a role in every land-based habitat on the planet. When fire is suppressed or removed from an ecosystem, the health of that system suffers.

Angeles National Forest had not seen a burn in 50-100 years, the sheer volume of fuel produced tremendous energy. In some areas the fire was extremely intense and became a crown fire, burning the tops of trees and moving rapidly across vast tracts of forest, creating its own weather, damaging or killing trees that would otherwise have benefited from the fire. A fire like this respects no boundaries, natural or man-made; it consumes everything in its path. In the Station Fire, no type of habitat was spared. It burned creek beds, chaparral communities, and every species of tree within the forest.

Initially the effects of the Station Fire were visible over a grand stretch of wilderness. Charred, soot-black landscape punctuated by islands of trees clinging to the steep sides of sheltered canyons, and splotches of white: areas where the fire was so intense that it left only fine alabaster piles of ash.

Today the effects are distinguishable by colorful displays of flowering plants, chaparral regaining its hold on the slopes, willows and sycamores covered in a fresh coat of lush leaves, and conifer trees that six months ago appeared like lifeless skeletons turning

Natural recovery occurs in an orderly fashion. Beginning at the lower elevations, small groundcovering plants barely an inch tall emerge first, along with growth at the base of chaparral plants, and riparian plants such as willow and sycamore trees. Slowly at first, and then with increasing vigor as the days grow longer, a steady succession of flowering plants, many of them "fire followers" germinate next. These are slightly taller than the initial flora, and their seeds have lain dormant in the soil for decades, awaiting a fire to provide the conditions they need for growth.

So far the recovery rate has exceeded what was predicted by biologists engaged in the initial postfire assessments. It was their opinion that any conifer (cone-bearing) tree with more than 50 percent of its needles singed or burned would likely not survive. As early as January, isolated pines in the lower elevations starting showing flushes of fresh needles. By May, trees above 5,000 feet were showing new green growth. Today few areas can be found without new growth, either in the standing trees or on the ground in the form of seedlings.

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Visitors to Düsseldorf, Germany can view three Frank Gehry buildings located in Media Harbor.

## Greg's Getaways Düsseldorf: dazzling and delightful

#### **Greg Aragon**

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Germany is well known for popular tourist destinations such as Berlin, Hamburg, Frankfurt, Munich and Cologne. But as I recently discovered, there is a fascinating city on the Rhine River that can hold its own among the country's best travel spots.

The city is Düsseldorf, a place where ancient history and postmodern Frank Gehry architecture share the banks of the Rhine with a cornucopia of shopping, shipping, restaurants and art galleries.

My getaway to the town began with an 11-hour flight from Los Angeles aboard Air Berlin. With comfortable seats, great food and friendly flight attendants, the trip across the Atlantic was as smooth as German chocolate.

The adventure continued on a high note when the plane landed at Düsseldorf International Airport and I was able to deplane, stroll through the terminal, across a street lined with trees, and arrive at the classy Maritim Hotel, all in about 15 minutes.

At the hotel I found spacious luxury in a beautiful, contemporary design, highlighted by a massive lobby with four restaurants, glass elevators and a 411-by-56 foot glass roof yielding incredible hotel views. The establishment also offers meeting space for

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#### Greg's Getaways continued from page 6

thousands, a sauna, solarium, indoor pool, and gym.

Opened in 2007, the seven-story Maritim has 495 rooms and 37 suites. My room boasted a plasma TV, king bed, desk, Internet, mini-bar and a large, elegant bathroom.

One of the hotel's best features is that it is only 200 meters from the airport and the main train station. From the lobby, guests can be on a train to anywhere in the country in a matter of minutes. This made things easy for my trips to Old Town Düsseldorf.

Known as Altstadt in German, Old Town is where you'll find sites such as the remains of the city's 13th-century castle tower rising above hundreds of connecting bars and pubs, dubbed the "longest bar counter in the world." For a closer look at the city, I hopped in a horse-drawn wagon with a few other tourists and embarked on a memorable

Led by a local historian, the tour began with a keg of local Schlösser Alt beer and the sound of clapping hooves and wooden wheels rolling atop cobblestone streets. I sat back and learned that Düsseldorf was founded on the River Düssel in the 13th century and experienced a Golden Age under Prince Johann Wilhelm, who ruled from 1679 to 1716.

In the mid-19th century the industrial revolution brought industry and money to the village. But WWI brought depression, and WWII saw 85 percent of the city destroyed.

While these sites are old and significant, my next stop was even older. From Altstadt I went to the Neanderthal Museum (http://www.neanderthal.de) in the nearby Neander Valley, where visitors can journey back in time hundreds of thousands of years, to the days of Neanderthal Man.

Neanderthal Man roamed Europe and Central Asia until 30,000 years ago, and is speculated to have coexisted with Homo Sapiens (modern man) for possibly 15,000 years. The fossilized remains of Neanderthal were discovered in the Feldhof Cave by quarrymen in

The cave is lost forever due to limestone quarrying, but today the Neanderthal Museum sits next to the dig site and gives visitors a chance to reconstruct his life through skeletal remains, tools, clothing, animals and more. In so doing, the four-story museum also traces humankind's journey from the African savannahs more than four million years ago to today.

From the museum, I boarded a bus south across Düsseldorf to the 17th century, where I found Benrath Palace. Built as a pleasure and hunting estate for Count Carl Theodor Von der Pfalz, the mansion is a Rococo-styled masterpiece, highlighted by 60 hectares of stunning 18th-century gardens, a duck-filled lake, pristine period interiors and furniture and artwork. Today, the palace also houses museums on gardening and natural sciences, as well as a classy cafe.

Back at my hotel I relaxed before a return trip to Old Town for a stroll along the Rhine River. Starting at the 13th century Castle Tower in Burgplatz, I walked past numerous outdoor cafes and throngs of people lounging on the river banks. As I continued on, the city transformed from cobblestone streets and medieval buildings to a modern metropolis of giant span bridges and postmodern Frank Gehry structures.

Located in prestigious Media Harbor, the three Gehry buildings were built in the 1990s to attract attention to the modernizing waterfront. Each warped and wavy, formless structure has a unique material and identity. One is clad in red brick, one in mirrorpolish stainless steel, and the other in white plaster. Similar to the architect's Walt Disney Concert Hall in Los Angeles, the architectural trio provides a powerful visual impact against the

Standing above the buildings is another structure worth seeing: the 768-foot Rheinturm (Rhine tower). As the city's tallest building, the tower features a restaurant and provides incredible city views.

For more info on Düsseldorf, visit http://www.duesseldorf-tourismus. de/default\_en.php. For information on staying at Maritim Hotel, visit http:// www.maritim.de; and for information on flying to Düsseldorf, visit Air Berlin at http://www.airberlin.com.

"Sometimes the road less traveled is less traveled for a reason."

- Jerry Seinfeld

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# Your health with Dr. Vorperian

#### **Kevork Vorperian, MD**

How do you get high levels of cholesterol? Eighty percent of your cholesterol is made by your body, and 20 percent comes from the food you eat.

The following play a role in causing high cholesterol levels; there are some things that you cannot do anything about like age, gender and heredity. As we get older the cholesterol level increases. Before menopause women tend to have low cholesterol levels, after menopause, their cholesterol equals

The following things that increase your cholesterol that you can do something about:

Diet - Decrease saturated fat and cholesterol in your diet. Eat more grains, vegetables and fruits. Increase fish in your diet it contains omega three, six and nine unsaturated oils which are good for your heart.

Weight - Being overweight tends to increase your total cholesterol, LDL (bad) and triglyceride levels and decreases HDL (good) cholesterol. In addition, it is also a risk factor for heart attack.

Physical activity - Regular physical activity can help lower your bad cholesterol and increase your good cholesterol levels. It also helps in losing weight. Not being physically active is a risk factor for heart attack.

What are the most important risk factors for heart attack?

**Heart disease** - You cannot do much.

Diabetes (high blood sugar) - You can help by controlling your blood sugar levels.

Cigarette smoking - You can do a lot by stopping smoking.

High blood pressure - You can help a lot by controlling your blood pres-

High LDL (bad cholesterol) - You can do something about it.

Low HDL (good cholesterol) - You can definitely do something.

**Family history** of early heart disease - You cannot do much.



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## Waiting room distractions

#### by Sally York and Myles Mellor

#### Across

- Cores
- Tacky chic
- 10. Enhances
- **14.** Courtyards
- 15. Sea position
- **16.** Hawaiian tuber
- **17.** Mags
- 20. Increase, with "up"
- 21. Poetic palindrome
- 22. WWII battle site
- 23. Crackers
- **26.** Mandela's org.
- 27. Stimulant ingredients
- 29. Kuwaiti, e.g.
- **31.** Land of leprechauns
- 35. Profits
- 37. Indonesian roamer
- 39. Australian runner
- **40.** Rags?
- 43. Addition
- 44. Affectation
- 45. Cow fuel
- **46.** Some beans
- **48.** Campaigns
- **50.** Some bays
- **51.** Family dog, for short
- **53.** Psychoanalyzed?
- **55.** Cooling-off periods?
- **59.** Bit in a horse's mouth
- **60.** Ripen
- **63.** Mags
- 66. Algonquian Indian
- **67.** Brown shade

#### 5 10 11 12 13 14 15 16 17 18 19 22 20 21 24 26 30 31 32 27 28 29 33 34 35 37 39 36 38 40 41 42 43 44 45 46 48 50 51 52 53 54 55 56 57 58 59 61 62 63 64 65 66 67 68 70 71 69

- **68.** Fat units?
- **69.** Frau's partner
- **70.** Blabs
- 71. Nobel, for one

#### Down

- 1. Perry Como's "\_\_\_ Loves Mambo"
- Any thing
- In Aruban fashion?
- Cool
- Vendor's mistake?
- Linked series of writings
- "Aladdin" prince
- Exec's note
- Gotcha moments

- 10. Immediately
- 11. "Two Years Before the Mast" writer
- 12. Attracted
- 13. Bean used to make miso
- **18.** Time piece?
- **19.** Time div.
- 24. Catch
- 25. Alain Robbe-Grillet novel, with "The"
- **27.** "Who \_\_\_\_?"
- **28.** Kind of molding
- **30.** Aardvark's tidbit
- **32.** Worthy of comment
- 33. Candidate's concern
- **34.** Certain posers
- **36.** Quail food
- **38.** Disney workers
- 41. Fed. construction overseer
- **42.** Brio
- **47.** Sirhan Sirhan, e.g.
- **49.** Fuse mishaps
- **52.** Back when
- **54.** Churchill's "so few," (abbr.)
- **55.** Creep
- **56.** Bird beak part
- **57.** The America's Cup trophy, e.g.
- 58. Gull-like bird
- **61.** Neuter
- **62.** To be, to Tiberius
- **64.** Paranormal ability
- **65.** Line

answers on page 22











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# Deciding if solar is right for your home

#### **Greg Saunders**

Beyond cost, many factors contribute to determining whether solar is right for you. There is a little more to the matter than throwing a bunch of panels on the roof and plugging them in

Is your home a good place for a solar electric system? Shading, roof orientation, the amount of space on a roof and the quality of the roof are all factors to consider.

Shading is a significant factor. A small amount of shade on one panel can greatly affect the production of each panel that the shaded panel is electrically connected with; similar to how a kink in a hose slows down the flow through the rest of the hose. Ideally, you should have unobstructed sun from at least 9 a.m.-3 p.m.

Roof orientation will affect the amount of electricity your system produces. It is a factor to be considered in calculating your state rebate. Ideally, a solar electric system should be placed on a roof that is oriented south or west.

Make sure your roof is in good condition. Solar panels have performance warranties for 25 years and systems can last much longer. You don't want to have to take the system down to fix the roof. Therefore, it might be prudent to re-roof when you put a solar system up.

There are several different ways that solar can be installed; the most common is known as a grid-tie system. A grid-tie photovoltaic (PV) system allows you to use the electricity generated by your solar panels as well as electricity from the grid. When your PV system is producing electricity, your home will be powered by solar electricity. During the times when your PV system isn't producing electricity, such as at night, your home will receive power from the grid.

Any excess electricity produced by your system is fed back to the grid; this is known as net-metering. With net-metering, when you use electricity from the grid your meter spins forward and when you are providing electricity to the grid your meter spins backwards. This offset means you are actually receiving market rates for the electricity you provide to the grid.

To get started, figure out how much electricity you use, what you are using it for, and when you are using it.

Pull out your electricity bills. What has your kWh usage been for each of the last 12 months? How much are you paying for electricity? What rate plan are you on? This information is critical to conservation, energy efficiency efforts, and to the proper sizing of a solar electric system. Do the Los Angeles Department of Water and Power's online energy audit: http://hes.lbl.gov/consumer/. Print out the audit results; if you do decide to go solar, a copy of the audit will need to be submitted with your solar rebate application.

Why does it matter when you use

most of your energy? You receive a credit for the electricity that you feed to the grid. That happens when the solar system generates more electricity than you use. You can then draw on electricity from the grid using the credits. Your electrical use is calculated over a 12- month true-up period.

Take advantage of higher electrical rates during peak usage times. LADWP offers several Time of Use (TOU) rates for which it charges more for electricity during peak hours, and less for electricity during off-peak hours. TOU metering often works well with solar electric systems. These systems generate electricity during peak times, crediting the homeowners account at the higher rates. If the homeowner uses the most electricity during off-peak hours, they then draw against those credits at the lower rates.

How do you select a good a solar contractor? There are several trades involved with solar: general construction, roofing, electrical, and solar itself. Any time you are choosing a contractor you should get copies of their licenses and insurance and look them up on the Contractors State License Board; make sure that they are licensed to install solar. Get references for solar installations they have recently completed that you can go see. Get a few quotes; cheapest is not always the best, but by having a few different quotes you'll be better educated on the matter and so will be able to ask educated questions.

Solar is the wave of the future and it will get cheaper and more efficient. With the various solar incentives, it is very financially viable today.

Greg Saunders has been in the solar industry for five years and is now the "green" columnist for Voice of the Village. If you have questions about solar or other alternative energy issues contact Greg at gsaunders@mooresolar.com.



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Model A Man removed 34 illegally placed signs in one trip down Foothill Boulevard.

#### Tracy "Model A Man" Black

What is it with telephone poles that make people want to post signs? I keep a crowbar in my truck just for the purpose of removing illegal signs.

It used to be that when a person had a garage or yard sale they would remove or take down the signs that they hung on the telephone poles when the sale was over. The new breed of sign posters must think that there is a sign fairy that removes signs for them.

We also have businesses that think it is OK to advertise on the telephone poles. It is an eyesore and illegal. I am trying to clean up our town.

Go ahead hang your signs; I will be right behind you removing them. Maybe I should change my name from Model A Man to Captain Crowbar.

See you on the road.

#### National Forest recovers continued from page 6

The greening is not simply beautiful to look at; it provides the basis for the recovery of the forests' animals.

Deer, in particular, are noticeably sleek with an abundance of grass that hasn't been seen in the forest in years.

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# The Sunland-Tujunga Chamber of Commerce Invites your membership

Welcome



Joining your local Chamber of Commerce will

- Keep you informed of what's happening
- Network with other business owners
- Meet community and organization leaders
- Be aware of specials & discounts provided by many of our local businesses, and organizations
- And more. . . .

For more information, please contact the Chamber office: 818 352-4433 Monday through Thursday 8 am to 12 noon, or Email us at STChamber91040@gmail.com Visit our website at www.STChamber.com

"Shop on the Rock"

# Business

# Malware false alerts get cleverer

#### **Carlos – The Remote Help Expert**

Fake or rogue antivirus programs, also called scareware, are programs that pretend to detect and get rid of viruses. They are actually malware themselves, or completely useless other than to scare the user into paying to download or unlock the full version of the "antivirus" to "remove" the fake infection.

One of the newest styles involves your Web browser. Internet Explorer, Firefox, and Google Chrome are all potentially affected. Here's how it works: a specific virus (called MSIL/Zeven) autodetects which browser you're using, then presents you with the "infected Web site" or "phishing Web site" alert, giving you an option to install an update to handle it. The update is a fake antivirus. The problem is that the alert looks very legitimate (except maybe the Firefox one, which has a typo, "get me 'our' of here"). The landing page if the user opts for installing the fake antivirus looks a lot like the Microsoft Security Essentials Web site. Even a trained eye can be fooled.

This new technique relies on the user's trust of the day-to-day Web browser. The telltale sign is that no browser would ever legitimately prompt you to install antivirus software.

Once you've learned to recognize a fake antivirus, you have two valid choices based on your personal knowledge of malware and how to get rid of it. If you're not sure what to do, save any open files, turn off your computer and contact an expert. If you know what to do, do it!

Here are some things you should not do. Don't click on the "OK," "Scan," "Yes," or "Download"

A specific virus
(called MSIL/Zeven)
auto-detects which browser
you're using, then presents
you with the "infected Web
site" or "phishing Web
site" alert, giving you an
option to install an update
to handle it. The update
is a fake antivirus.

The landing page if the user opts for installing the fake antivirus looks a lot like the Microsoft Security Essentials Web site. Even a trained eye can be fooled.

buttons that the suspicious window contains; even clicking on the "X" on the upper right corner of the window to get rid of the pop-up can be dangerous. Never enter your credit card information to purchase the "antivirus" so you can disinfect the computer; don't ignore it hoping it will go away.

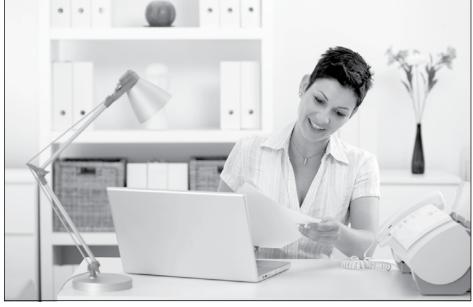
Here's a list of trusted antivirus software vendors – you can use it as a starting point to recognize the legitimate ones: http://www.ccssforum.org/trusted-vendors.php

It behooves you to double-check and be more alert when the computer prompts you for action. If you have doubts about this, ask an expert.

Learn more about computers at Carlos' blog: http://remotehelpexpert.com/blog/.







# What is Personal Assistant for the Day?

#### **Moriah Harrisen**

Moriah Harrisen of Sunland started up her own business by inventing a job type. The job includes assisting people personally on any project or activity with one-on-one help at the business or home of a client. Personal Assistant for the Day was formed from the idea of assisting individuals or businesses with whatever it is that they need done.

Still providing assistance personally, Harrisen recently expanded into hiring individuals to go out and do projects as she has been doing. Helping people with their home, family, pets, or business, she and her employees are diligent, dedicated and hardworking.

The idea of Personal Assistant for the Day is to help anyone with any projects they would like help starting, completing or making progress on. You might want more time at the end of your day, so need help with the kids or running errands. You might have an overwhelming week filled with activities. Or perhaps the receptionist is out sick and you need someone to cover. Whether for business or personal affairs, Personal Assistant for the Day is available to assist you in your everyday life

Personal Assistant for the Day is available to take on any task, as long as it is moral. Cleaning, paperwork, errand-running, office help, organizing, moving, labor, childcare, photo albums, pet care, event planning, cooking - they do it all.

Personal Assistant for the Day's phone number is 818-913-2252 and email is Moriah. Your PA@gmail.com.

# Sunland-Tujunga Chamber of Commerce welcomes new members

#### Fran Loiselle



Mekhitarist Fathers' Armenian School 6470 Foothill Blvd., Tujunga 818-353-3003 Hovanes Khosdeghian, Director



IHOP 795 Restaurant 6520 Foothill Blvd #10, Tujunga 818-352-0460 Yesika De Leon, General Manager



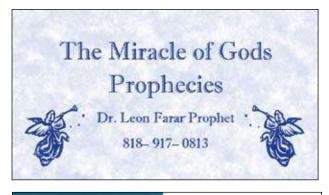
ECI Properties 127 N Madison Ave. #214, Pasadena 626-440-5700 Ed Choi, President



Jay Nolan Community Services 15501 San Fernando Mission Blvd. Ste 200, Mission Hills 818-361-6400 Jeffrey Strolly, Executive Director



Please join us in welcoming our newest members to the Sunland-Tujunga Chamber of Commerce. As always, we encourage the Sunland Tujunga community to utilize the products and services provided by our local residents and businesses, remember to "Shop on the Rock."







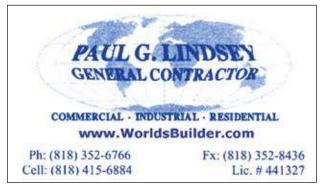


















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L-R: Daniel Kligman, Marynance Schellenbach, Sonia Tatulian, Arsine Isayan, Pierro Babaian, Jasmin Youssefian, Patrick Babaian, Sherli Babaian, Janet Arzumanian, Rene Babaian and Peter Babaian.

# Chamber of Commerce ribbon cutting

#### **Sonia Tatulian**

The Sunland-Tujunga Chamber of Commerce held its August ribbon cutting ceremony at Green Earth Cleaners. Green Earth Cleaners is located at 6540 Foothill Blvd. in Tujunga. The owners are Jasmin Youssefian and Patrick Babaian.





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# Corsica Deli celebrating 40 years with rollback prices

#### **Alannah Caiced**

Forty years in business, what a milestone! The staff at Corsica Deli would like to thank all of their friends in the community for making it all possible, so we are having a rollback party.

On Thurs. Oct. 14, Corsica Deli will roll back the price of a regular 8-inch Italian sub sandwich to just 99 cents (limit one per person). The deli will be open 10 a.m.-6 p.m. or while supplies last. There will be cake and lots of fun; come and celebrate their great achievement.

Forty years ago Mary Russo's father and mother gave her a great opportunity; her parents gave her the choice of going to college or opening an Italian deli. Thankfully, Russo chose the latter and remains owner of Corsica Deli.

Corsica Deli provides the community with delicious food, and has developed a reputation for providing the highest possible level of customer service and product quality. Over the past four decades, Corsica has been changing by adding new products like ready to heat at home cooked meals and their famous cannoli. The deli constantly stays ahead of the competition to satisfy the customers who have made their success possible.

Congratulations to Corsica Deli on 40 years of fantastic business. You will find Corsica Deli at 8111 Foothill Blvd. in Sunland. The phone number is 818-352-7213. Corsica Deli is open Mon.-Sat. from 10 a.m.-6 p.m.



On Thurs. Oct. 14, Corsica Deli will roll back the price of a regular 8-inch Italian sub sandwich, made here by Alannah Caiced, to just 99 cents.

# Chamber of Commerce holds mixer at Mission Valley Bank

#### **Sonia Tatulian**

On Sept. 15 Mission Valley Bank hosted a mixer for the Sunland-Tujunga Chamber of Commerce. This mixer featured the installation of Honorary Sheriff Tawnya Gartside and Deputy Honorary Sheriff Esko Vaananen.

We had more than 100 attendees from Sun Valley and Sunland-Tujunga. If you missed this mixer, the last mixer for the year will be held Oct. 20 at 8263 Foothill Blvd. in Sunland at the "Healing From The Ashes" art exhibit. Come join the fun!



L-R: Pat O'Brien, Sonia Tatulian, Tawnya Gartside and Esko Vaananen



Happy Birthday to Joan Slater, Judy Updike and Marilyn Straight

# Service Clubs

## Working Together for Change

# High school students fight hunger

**Jonathan Coria Co-President VHHS Interact Club** 

How can you fight hunger? It's a question everyone asks that doesn't have an easy answer. However, a few students from Verdugo Hills High School seem to know how to approach it.

On Sept. 4 a group of students volunteered at the Los Angeles Regional Food Bank, an organization that feeds thousands throughout the Los Angeles County.

As a volunteer myself, the experience was astounding. I was placed in front of a conveyer belt, surrounded by approximately 200 individuals, packaging food into the dozens of crates that came my way. As I placed a bag of rice into the crate, I felt a sense of gratitude knowing that someone in need will benefit from the hard work and dedication the volunteers were putting in.

When time was called the supervising officers gave us a huge round of applause, informing us that we had just packaged approximately 2,000 meals. The clear sound of that number got me thinking that we as a community can do so much if we simply put the time and effort.

As we all know, hunger is a difficult issue that can't be easily dealt with, but it can be coped with; all one needs is a little effort and motivation. For these students, motivation is the key factor as they are members of their school club, known as Interact. Interact Club is a student-run organization dedicated to making a difference in the world. As a high school group, they set out to help the community by volunteering on the weekends.



Students from the Verdugo Hills High School Interact Club volunteered their time at the Los Angeles Regional Food Bank.



# Enjoy a Halloween haunted house

#### **Richard Stewart**

The Sunland-Tujunga Shadow Hills Rotary Club is proud to announce that a haunted house is coming your way just in time for the big holiday weekend at the end of the month.

With the generous donation of Ray Mirzakhanian, owner of Century 21

Realty, a space was made available on Foothill Boulevard in the Century 21 Crest plaza. The kids of SunlandTujunga will be able to enjoy a safe and fun Halloween.

"Be prepared for the wonderful emotion of fear, sprinkled with a pinch of terror," said Rotary Past President Ellis Robertson. "But of course there will be two paths through this haunted house. One will be for the younger kids, having a kinder, gentler fear. And the other path will be for those who

Just recovering from a successful, largest-ever Watermelon Festival, the Lions Club has offered to help with the haunted house. Proceeds of the Terror Tour will go toward funding the next Fourth of July parade to defer city permit fees and parade cost.

The haunted house will be open Fri.-Sun. Oct. 29-31 from 6-10 p.m. at 8263 Foothill Blvd., Sunland in the Century 21 Crest plaza. Entry fee is \$3.

# The Lions' pride

#### **Marynance Schellenbach**

The Sunland-Tujunga Lions Club will hold its regular meeting Oct. 14 at Joselito's West, 7308 Foothill Blvd. with a 6:30 p.m. dinner from the menu and a 7 p.m. call to order. Guests are welcome to attend.

The Lions' "Vision of Peace" Poster Contest is coming soon. "Vision of Peace" is the theme of the 2010-11 Lions Clubs International Peace Poster contest for middle school students, sponsored locally by the Sunland-Tujunga Lions Club. Students ages 11-13 are encouraged to creatively express what peace means to them through this poster contest. It allows students with others.

Local middle schools will each have their own contest. Those planning to participate include Our Lady of Lourdes Middle School, Crescenta Valley Adventist School, Mekhitarist Fathers School and Delphi Academy. The students at McGroarty Arts Center will also have a contest. If your school is not included in this list and it would like to participate, or you would like more information, please contact the S-T Lions Club Secretary Marynance Schellenbach at 818-353-4554.

The Lions will be providing hospitality at the opening reception of the "Healing from the Ashes" art show on Sun. Oct. 3 as part of their continuing support for the victims of the Station Fire. When the artists needed studio space to continue their work this summer, the club vacated The Lions Den

temporarily to provide a secure working space where the materials could be stored and the works in progress left

Oct. 29-31 is the weekend of Halloween Haunted Nights. Lions will be helping the S-T-SH Rotary Club at its Halloween Haunted House at 8263 Foothill Blvd. in Sunland. On Thurs. Oct. 28 the Lions will help decorate the haunted house and will be present to help staff it the rest of the weekend. It will be a two for one winner - shivery scary fun will raise money to help finance the next Fourth of July parade.

Used eyeglasses are always needed to share their unique image of peace by the Lions Club's Recycle for Sight Project. They are cleaned, repaired, labeled and sent with teams of Lions who travel to Third World countries at their own expense to hold vision clinics for people who have never had access to eye care. If you have glasses you are no longer using, they can be dropped off in collection boxes throughout the community. The blue and white boxes can be found in Sunland at Image West Salon, the Chamber of Commerce, and Sunland Family Optometry. In Tujunga, boxes are at Bolton Hall, Big Tujunga Veterinary Clinic, Jason's Automotive, C&M Printing, Tujunga Methodist Church, Patchwork Penguin, YMCA, Bolton Hall, Wells Fargo Bank and Discount Optical in La Crescenta. To arrange for pick-up, please call Lion Cookie at 818-353-9556. Lions also collect used hearing aids in the

continued on page 19

# **Y** Tribes

#### **Guides & Princesses**

For Dads and Kids Kindergarten - 4th Grade

Tribes meet monthly for activities based on Indian Lore. Special Events include Campfires, Pumpkin Carve, Snow Camp, Pinewood Derby & Pancake Breakfast!



**New Members Contact** 

**Craig Prentice** cprentice@ymcafoothills.org (818) 790-0123 ext. 206 Meetings Begin In October

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# VHHS Key Club honors firefighters on Sept. 11

#### **Adrine Gdakian Editor of Key Club**

Editors note: Key Club, part of Kiwanis, is an international student-led organization that provides its members with opportunities to provide service, build character, and develop leadership. VHHS Key Club is sponsored by Sunland-Tujunga Kiwanis.

It all started with an officers' meeting in July at a Borders bookstore in Glendale. The officers of Verdugo Hills High School's newly revived Key Club all met to plan events and fundraisers for the next couple of months and ended up with an idea brighten the day of many exhausted and hardworking

Key Club was looking for its next big event, a way to serve our community and have fun at the same time. Finally, we hit on firefighters appreciation. It is appropriate to devote September to firefighters appreciation; September is known nationwide as the month of the tragic attack on the Twin Towers in 2001. What better way to honor the memory of those who passed than to honor the heroes in our community who keep us safe from disasters? We owe them so much for all the fires they have contained and the many homes and lives they have

We decided that nothing would top getting a giant basket and filling it up with snacks that the firemen could enjoy while they're cleaning, setting up, working out, etc.

A great idea, we all thought, but premature in the sense that we had

no funding. With a club reactivation fee to be paid, all fundraising saved to be donated to PTP (Pediatric Trauma Prevention), and the hopes of getting sweaters for our club later on, we simply had no room for this in our budget. That's when we called on our Kiwanis representative Dave Bellusci. Vice President Milly Abanilla and I, editor Adrine Gdakian, went to a Kiwanis-Rotary meeting and pleaded our case to those who attended. They generously acknowledged us by giving us \$100 to finance our plan.

Next came the fun part of our preparations—the shopping. shopping was left up to the president, Suk Li, and I. While Suk put together the basket for snacks and drinks, it was my job to put together a fruit basket. Among the snacks were noodle soup, crackers, cookies, popcorn, peanuts, chips and salsa, flavored water and more. In the fruit basket was a wide assortment including bananas, kiwis, peaches, raspberries, strawberries, blueberries, and apricots.

On Sat. Sept. 11, Key Club members gathered in front of Verdugo Hills High School with our baskets so that we could walk them down the block to Station 74. We had called the station earlier to inform them that we were going to be there, but we kept the baskets a surprise. We told Captain Thomas that we planned to feature our local firefighters in our monthly CNH Newsletter (which we fully intend to do).

Joining us in the event was Rotary representative Sonia Tatulian and her niece and nephew, who helped us



Members of Verdugo Hills High School's Key Club honored local firefighters at Station 74 on

not only by accompanying us during our Firefighters Appreciation Day, but also by making a banner for all of us to sign which read "Thank You, Firefight-

By the time we gathered together the firefighters were out answering a call; we decided to go directly to the station and surprise them upon their

We were greeted by the surprised firefighters with lots of smiles and great hospitality. After some picture taking and introduction, Firefighter Harward offered to show us around and teach us some of the basic procedures firefighters follow, and how

they respond to emergency situations. He and his partner John Stuhlman also told us some stories of their experiences, and demonstrated how to use the equipment and how they get dressed and prepared for emergencies. They were very welcoming and appreciative of our appreciation!

We all went home that day feeling accomplished and spirited to have the privilege to show our admiration to the heroes of Tujunga. We hope they keep up their incredible work,, especially in this hot weather. As Key Club officers, we can only hope that this becomes a tradition for the years following.



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# Chamber of Commerce: President's Message

**Sonia Tatulian** 

As we prepare for another holiday season, I want to invite all of our Chamber members to provide the Chamber office with information on specials or discounts that you are planning over the next few months. Specials/ discounts of any kind can be helpful and beneficial to both Chamber members and shoppers. Your Chamber can help get your message out by keeping brochures and flyers at our office for distribution, posting the information on our Web site, and by sending e-mail blasts to all our members. Don't miss this source of promotion and advertising for your business or organization.

October is an important month for the Sunland-Tujunga Chamber of Commerce. On Oct. 12, starting at noon, we will have our elections at Tierra del sol Foundation, located at 9919 Sunland Blvd. in Shadow Hills. We invite all our Chamber members cast their votes for the dedicated and hardworking board members who strive to represent all the Chamber members in our Foothill community. This year, we increased our membership from 63 members to 156 members, provided more exposure through our Web site and e-mail notifications, updated and computerized our administrative records, and helped to bring more unity among the community organizations. We still have more to do and we want you, the members of the Chamber of Commerce, to come out and tell us what you think by casting your vote. We welcome your comments and suggestions for a bet-



ter, stronger Chamber of Commerce in Sunland-Tujunga.

Sincere gratitude to Chamber member Ray Mirzakhanian of Century 21 Crest, who donated part of his property at 8263 Foothill Blvd. in Sunland for our special event on October 20. We will be holding our Chamber mixer there, and presenting the "Healing from the Ashes" art exhibit. This is a very special event, as we will be able to view some of the beautiful and imaginative art renderings created by a team of local artists directed by Ariyana Gibbon, who salvaged remnants from the remains of the Station Fire last year and used them to create some incredible art. All donations from this event will be presented to those who lost their homes in the fire. Please join us for this very worthwhile event while meeting and greeting other business owners and organization leaders.

continued on page 19

# Announcements

# Forest Recovery Project upcoming show dates

Corina Roberts of The Forest Recovery Project will be showing slides documenting the astounding recovery of Angeles National Forest after the Station Fire.

Oct. 21, 7 p.m. at the Healing from the Ashes Gallery,

8263 Foothill Blvd., Sunland.

Nov. 6, 2 p.m. matinee show at the La Cañada Library,

4545 N. Oakwood Ave., La Cañada Flintridge.

## Raymond L. Skelly, 75

Raymond Skelly died Aug. 5. He was 75.

Skelly was a long-time resident of Southern California, having lived in the Sunland-Tujunga area for more than 30 years. He retired in 2003 to Salem,

After serving in the U.S. Coast Guard in the late 1950s, he worked many years as an electrician and later as Chief Engineer at the St. Anne's Maternity Home in Los Angeles. An avid baseball lover, he later also enjoyed playing golf in Salem. He had great pride, love and respect for his family.

He is survived by his wife of 52 years, Fran, and his five children: Ray Skelly Jr. and his wife Barbara of Newfoundland, Canada; Colleen Skelly-Mitchem and her husband Derek of Arroyo Grande, Ca.; Jeff Skelly and his wife Marie of Sunland, Ca.; Katie Bunch and her husband Allen of Salem, Ore.; Maureen Davidson and her husband John of Temple City, Ca.; and six grandchildren.

A service was held on Aug. 11 at City View Mausoleum in Salem, Ore. and memorial masses are being offered. We will miss him.

#### Verdugo Hills High School mid-1950s classes reunion

Since last year's reunion was so much fun, here we go again and this year we welcome the class of 1957.

The festivities are planned for Oct. 24-26 in Laughlin, Nev. at the Riverside Hotel. It will be a casual event. The Bridgeview Room will be our hospitality setting.

The cost for the banquet luncheon on Monday and three days of enjoyment in the Hospitality Room is \$75 per person. After Sept. 23 the price will be \$90.

For Riverside Hotel Reservations, call 800-227-3849 and select option one. Then give the following code: C/VHHS 50s. Our room price for three days is \$107.52 including tax.

Due to the popularity of the White Elephant Sale, we ask that you remember to bring items to share.

For more information, contact Janis at j-knott@sbcglobal.net or Harry at 818-353-4528.

## Free debt handling seminar

Attorney Gerald McNally presents a free seminar on debt handling.

Two dates available: Oct. 7 and Oct. 21 at 7-9 p.m. at the Office of McNally and Assoc.,

517 E. Wilson Ave., Ste. 104, Glendale

Please RSVP to 818-507-5100.

#### Event schedule for "Healing from the Ashes" art exhibition

The "Healing from the Ashes" art exhibition and all events are held at the Century 21 Crest Realty Building, located at 8263 Foothill Blvd. in Sunland. Admission is free and all are welcome

Thurs. Oct. 7, 7 p.m.: Screening of documentary film

"The Station Fire Tragedy" (a work in progress), by award-winning filmmaker Christopher Toissaint.

Sat. Oct. 9, 7-10 p.m.: Open Mic, music and songs about the Station Fire, with a potluck supper. Guest poets include Jane Fontana and Dorothy Skiles.

Sat. Oct. 16, 1-5 p.m.: Artist demonstrations.

Sun. Oct. 17, 3-5:30 p.m.: Poetry reading.

Thur. Oct. 21, 7-10 p.m. "Recovery of the Forest" slideshow presentation by Corina Roberts, followed by closing night reception.

## Verdugo Hills Golf Course owners to meet with STNC Land Use Committee

On Oct. 18 Michael Hoberman of Snowball West Investments LLP, owner of the Verdugo Hills Golf Course, will address the Land Use Committee of the Sunland-Tujunga Neighborhood Council.

We thank City Councilmember Paul Krekorian, Daniel Brumer and the CD2 office for arranging this meeting, and Hoberman for taking this opportunity to bring us up to date on the status of the proposed development as well as the Verdugo Hills Golf Course.

We encourage you to attend. Land Use Committee meetings start at 7 p.m. and are held at the North Valley Neighborhood City Hall auditorium, 7747 Foothill Blvd. in Tujunga.

We do not know whether the meeting will precede or follow the release of the Final Environmental Impact Report.

#### Sunland Senior Center activities

Located at 8625 Fenwick in Sunland, the Sunland Senior Center offers an ongoing series of activities each week.

Mondays: Exercise 10 a.m.-11 a.m., free.

Tuesdays:

Nutrition program 11:30 a.m., suggested donation \$2.50. Nutrition program 11:30 a.m., suggested donation \$2.50. Learn to Line dance 12:30-1:30 p.m., donation of \$2.

Learn to water paint with Jon Free, we provde supplies, 2-3 p.m.

Wednesdays: Nutrition program 11:30 a.m., suggested donation \$2.50.

Foothill Funsters trips and tours. Bingo 12:30-2:30 p.m., 25 cents a card.

Thursdays: Nutrition program 11:30 a.m., suggested donation \$2.50.

Bingo 12:30-2:30 p.m., 25 cents a card.

Fridays: Exercise 10 a.m.-11 a.m., free.

Nutrition program 11:30 a.m., suggested donation \$2.50.

This schedule is the same every week. If you have any questions please call the center at 818-468-8644.

#### Visit the Friends of the Library bookstore

Want to know more about the history of Sunland-Tujunga? "Rancho Tujunga," a book by Sarah Lombard, founder of the Friends of the Library, is on sale at our bookstore. It contains seven pages of pictures of early Sunland-Tujunga and a history of the area from the time of the Tujunga Indians also known as the Gabrielinos, to about the mid-1940s. It would make a great gift to anyone new to the area who might want to know more about our community.

The bookstore is receiving donations every day, so books on self-help, religion, occult, and foreign languages, plus many more subjects, are being added to our bookshelves. We are located inside the library and open every

Out friendly and dedicated volunteers will be happy to help you in finding that book you might be looking for. The mission of the Friends is to provide financial and volunteer support to the Sunland-Tujunga Branch Library. Our special focus is children, in whom the Friends wish to encourage the life-long love of the library and reading.

The Sunland-Tujunga Branch Library is located at 7771 Foothill Blvd. in Tujunga. Hours of operation are: Sun. closed, Mon. closed, Tue. 12:30-8 p.m., Wed. 10 a.m.-5:30 p.m., Thu. 12:30-8 p.m., Fri. 10 a.m.-5:30 p.m., Sat. 10 a.m.-

#### June V. Walker, 86

June V. Walker, longtime resident of Sunland-Tujunga, passed away Sept. 13. She was 86.

She was the wife of contractor Paul W. Walker. They met in 1944 in her home town of Olde Saybrook, Conn. Paul was going through submarine training in New London at the time. They married in 1945.

At the end of the war they built a home in Olde Saybrook while he continued as a professional boxer. Their third child Kim was born with cystic fibrosis, which prompted them to move to Sunland for the climate.

They had a total of five children. She is survived by her sons Paul and Rhett, and daughter Shelly. She had 20 great-grandchildren and 12

For 65 years she was an active member of The Church of Jesus Christ of Latter-Day Saints. Both of the Walkers served a two-year mission for their church. Actor Paul Walker is one of her grandchildren.

She was living in North Bend, Ore. at the time of her death. Services will be at the Eagle Point National Cemetery in Eagle Point, Ore.

# Little Landers presents a history of Los Angeles' first museum

**Lynne Lowery** 

Little Landers Historical Society presents a program about the Southwest Museum, the first museum in Los Angeles.

From groundbreaking in November 1912, to the day it opened its doors in August 1914, and right up to present day, the Southwest Museum is a testament to the cultural heri-



tage of Los Angeles. Southwest Museum stands atop Mount Washington, also known as Museum Hill, and has been instrumental in preserving the history of the American Southwest, with a focus on Native American artifacts.

Our speakers will be Nicole Possert and Ann Walnum, two founders of the Friends of the Southwest Museum Coalition. The Coalition has worked with scores of residents and organizations throughout the region committed to preserving our first museum in Los Angeles.

The program is free; everyone is welcome. Join us Sat. Oct. 9 at 1 p.m. at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga. Additional information is available from Lynn Lowry or Marlene Hitt at the Little Landers Historical Society, (818) 352-3420 or littlelanders@verizon.net.

# Happy 90th birthday, Our Lady of Lourdes



Founded in 1920, this October marks 90 years for Our Lady of Lourdes Parish and the deep and rich roots in our communities. The theme is "Happy Birthday."

Anticipation and excitement continue to build for the observance of this happy event

Plans are underway for a two-day celebration, under the direction of Father Freddie Chua, pastor. The Hospitality Committee is in charge and includes many other parish groups to help as a combined effort for the long-awaited weekend. The students at the parish school are making

banners according to each decade of 90 years for display at the event.

On Sat. Oct. 16, Bishop Gerald Wilkerson will officiate at the noon Mass. Immediately following, there will be a parish potluck on the lower parking lot. The festivities will include food, games for the children, music and dancing.

Bishop Sylvester Ryan, popular former pastor of O.L.L., will return to preside at the 12:30 Mass on Sun. Oct. 17. Another celebration will follow immediately in the parish hall, complete with food, drink, fun and more festivities. There will surely be renewals of old friendships, happy reunions and much nostalgia.

The invitation list includes former pastors and associate pastors, sisters who taught at O.L.L. School, teachers and staff, dignitaries, and priests who were ordained while parishioners. Also invited are pastors from surrounding Catholic churches and former members who have moved into other areas. All are welcome to come join in the celebration for 90 years of community, worshipping, families and friendship.

If you would like further information, call the Parish Office at 818-352-3218.

# Fall Festival & Plant Sale

Member Preview Sale Fri.-Sat. Oct. 8-9 8:30 A.M.-4:30 P.M

Sale Open to All Fri.-Sat. Oct. 15-16 8:30 a.m.-4:30 p.m



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## Crescenta Valley Sierra Club presents "California Coastal Redwoods"

Mike Sappingfield will present "California Coastal Redwoods." Sappingfield is a Sierra Club member and past Angeles Chapter ExCom Chair, Chair of the Budget/Finance Committee, and is an active leading fund raising outings for the chapter.

California's coastal redwood forests are truly one of California's wonders. These redwoods are the tallest trees in the world and rank among the oldest. They survive in a moist coastal environment with much of their moisture coming from the frequent foggy mornings. To truly appreciate these incredible forests, one must walk within them with a chance to encounter Roosevelt elk, banana slugs, black bear, ferns, maples and a multitude of other living things.

There is also much to explore in the surrounding area: Victorian architecture within the towns, lighthouses to climb and soaring eagles and osprey as well as salmon and steelhead coming up river to spawn at certain times of the year. Mike's digital presentation is based on the photographs taken during the Angeles Chapter trip last year.

The program is at 7:30 p.m. on Tue. Oct. 12 at The Los Angeles County Public Library, 2809 Foothill Blvd, La Crescenta. The library intersection is Foothill Boulevard and La Crescenta Avenue, with the entry to the second floor meeting room and parking lot off La Crescenta Avenue.

Our program begins following news of Conservation and Outings. Refreshments will be served. For more information contact Wayne Fisher, Program Chair, at 818-353-4181.



# Resourceful Living and Preparedness Fair

Food storage and resourceful living will be the focus of a Preparedness Fair hosted by The Church of Jesus Christ of Latter-day Saints, La Crescenta Stake, on Sat. Oct. 16 from 9 a.m. – 12:30 p.m.

Food storage specialist Wendy DeWitt will be the featured speaker. She will show how people can store food effectively, and live off of that storage. DeWitt will demonstrate how she organizes, stores, and cooks food from her food storage, as well as how to properly store water and other necessities in an emergency. A question/answer period will be part of the DeWitt's presentation.

Demonstrations on bread making will be given, and food samples such as soups made from various types of food storage will be available.

Learning how to live frugally and how to respond in various types of emergencies will also be discussed.

The Resourceful Living and Preparedness Fair, which is free and open to everyone, will take place at The Church of Jesus Christ of Latter-day Saints, 4550 Raymond Ave. in La Crescenta. This is directly behind Ralphs near the corner of Rosemont and Foothill.

For more information contact Carla Riggs at 626-449-2983 or donabee50@ yahoo.com.

# Village Poets of S-T open poetry reading

The Village Poets of Sunland-Tujunga announces an open poetry reading on Sun. Oct. 24 from 4:30-6:30 p.m. at Bolton Hall Museum, 10110 Commerce Ave. in Tujunga.

We are pleased to announce that the featured poet is Susan Rogers, the editor of "Blue Moon Poems," an anthology to be published in 2010 by Moonrise Press of Sunland. Rogers considers poetry a vehicle for light and a tool for the exchange of positive energy. She is a practitioner of Sukyo Mahikari, a spiritual practice that promotes positive thoughts, words and action. Rogers is a member of Poets on Site, and has published numerous poems in chapbooks, anthologies and journals.

Admission is free. For more information contact Dorothy Skiles at dskiles@ca.rr.com or visit http://www.villagepoets.org.

# Leo Clubs forming for local teens

Leadership, experience, opportunity: three of the rewards teens gain from participating in a Leo Club. They are also the values that create the acronym of the club name.

Want to do real social networking? Be a Leo. Want a voice in changing your community? Become a Leo. Want to learn how to be a leader? Join the Leos. Want to help other people? Reach out as a Leo. Want to make a difference? Be part of a group of Leos, for many people working together can accomplish so much more than one working alone.

A Leo Club is a just-for-teens service club sponsored by a Lions Club. It can be co-sponsored by a middle or high school, or be community-based.

The Sunland-Tujunga Lions Club is exploring the formation of a Leo Club for middle school students and one at Verdugo Hills High School.

If you are 12 to 18 years of age and are interested in being part of this exciting new venture, please contact the S-T Lions club at stlionsclub@gmail.com. Watch for an S-T Leos Facebook page.

More than 144,000 young people in 139 countries are proud to serve others in their local communities as LEOs. These young community leaders are friendly, active and dedicated to creating new and exciting opportunities by participating in their local Leo clubs - a place to grow and have fun.

Find out what Leo clubs around the world are doing now. Or learn more about the history of Leo clubs at http://www.lionsclubs.org/EN/our-work/youth-programs/leo-clubs/index.php. In other countries, there are Omega LEO clubs for the 19-30 age group of young adults.

## Family fun events at Verdugo Hills Family YMCA

The Verdugo Hills Family YMCA will be the host to three family fun events this October that all feature pumpkin carving for families to enjoy. As the holiday season approaches, there is no better way to spend time with your family than at these events at the Y.

Family Fun Pizza and Pumpkin Carving Night will be on Fri. Oct. 29 from 6:30-8:30 p.m. This event is open to the community. Sign-ups are limited and the cost is \$20 per family of four. Each family will be provided with two pumpkins, carving tools, and a pizza dinner.

Daddy 'N Me Day will be on Sat. Oct. 30 from 9:30-11:30 a.m. This event is open to all Learning Tree Preschool participants and is free. This event includes one pumpkin for carving, arts and crafts, and a continental breakfast.

For more information, contact Kim Beattie, Director of Communications and Public Relations, at 818-790-0123 ext. 266 or kbeattie@ymcafoothills.org.

#### 2010 Crescenta Valley Paint Out

Calling all artists for the first-ever Crescenta Valley Paint Out, sponsored by the Crescenta Valley Arts Council. Plein air artists are invited to paint the majestic mountains and historic settings of the Crescenta Valley during a four-week period, Oct. 9-Nov. 5. Registration (up to three artworks) is \$40 adult and \$20 student grades 7-12.

Judges will present awards at an artists' reception. A public exhibition and sale will be held Nov. 6 and 7 at historic St. Luke's of the Mountains Episcopal Church in La Crescenta.

We also will celebrate the legacy of Stephen Seymour Thomas, one of America's finest artists and designer of St. Luke's Church. This event will be in conjunction with the Historical Society of the Crescenta Valley's "Sticks and Stones" historic homes tour. Please join us in this celebration of our community's artistic heritage.

Registration forms and details are available at http://www.crescentaval-leyartscouncil.org.

#### The Lions' pride continued from page 15

eyeglass collection boxes. The aids are rebuilt and made available at a very low fee to low-income applicants sponsored by Lions Clubs.

The planning has already begun for the 50th Annual Watermelon Festival in Sunland Park on Aug. 12-14, 2011. Lions Club members and community volunteers met Sept. 9 to evaluate the last festival and make suggestions for the next one. Anyone in the community who attended is invited to send suggestions to the Lions Club at P.O. Box 590, Sunland, CA 91041, or e-mail the club at stlion-sclub@gmail.com.

#### President's Message continued from page 17

Your Sunland-Tujunga Chamber of Commerce office is open Mon.—Thur. from 8 a.m.—noon. For further information about the events and activities going on in the Foothill community, please check our Web site at http://www.STChamber.com under the community calendar tab.

We encourage the Sunland Tujunga community to utilize the products and services provided by our local businesses and organizations; remember to "Shop on the Rock."

## Ride for a Cure festival to raise money for children with autism

Hollywood stuntman Dale Gibson is pleased to announce the Fourth Annual Ride for a Cure Festival, to be held at Gibson Ranch, 9655 Wentworth St, Sunland, on Sat. Oct. 2 from 10 a.m.-5 p.m.

Autism Care and Treatment Today! (ACT Today!), a non-profit organization dedicated to providing grant money for families that cannot afford or access the treatments needed for their autistic children, will be the beneficiary of this year's event.

Gibson has a stable of celebrity friends who are expected to attend including Martin Kove, Kristy Swanson and her husband Olympic figure skater Lloyd Eisler, Christian Slater and James Cromwell. Other confirmed celebrities attending include Emma Roberts ("Valentine's Day"), Carter Jenkins ("Valentine's Day"), Hunter Parish ("Weeds"), Courtney Hope ("Grey's Anatomy"), Spencer Locke ("Cougar Town"), Jay Fergesen ("Mad Men"), and many more.

For more information regarding the Ride for a Cure festival, contact Lane Bensko at lane@garrettassociates.biz, call 310-463-3136, or visit http://www.rideforacure.net. For more information regarding ACT Today! visit http://www.act-today.org.



# Delphi Academy opens preschool

Delphi Academy, well known for providing an excellent education to students in kindergarten through 12th grade, has expanded to include a completely new body of students: preschoolers.

On Sept. 8, the Delphi Academy Preschool opened its doors for the first time. Parents and students were welcomed into brightly colored classrooms where they quickly began to explore the endless selection of educational toys, books and learning activities.

The Delphi Academy Preschool, located on the K-12 campus, serves families with children ages two through four who want to give their children a successful start to a quality educational experience. The preschool not only provides an opportunity for safe play, but also teaches basic skills that will continue throughout the student's entire education.

For more information regarding the Delphi Academy Preschool, visit http://www.delphila.org or call Virginia Lindskog at 818-583-1070.

#### Tuesday Table Talk

On Tues. Oct. 5, Bethel Church, 10725 Penrose St. in Sun Valley, will offer a presentation on a soldier's experience in Iraq preceded by a potluck supper.

The potluck starts at 6:30 p.m. The presentation starts at 7:15 p.m., followed by dessert and discussion at about 8:15 p.m.

Sergeant First Class Miguel Najarro will report on his tours of duty in Iraq (1991 and 2003-2005), including photographs of the ancient cities of Babylon (now Baghdad) and Ur. Najarro has served four years of active duty in the U. S. Army and 19 years in the National Guard. Besides his tours in Iraq, Miguel was also stationed in Germany for three years.

This event is free. Contact Bethel Church at 818-767-4488.

#### Rim of the Valley Study Meeting

Mark your calendars - 7PM, Tuesday, October 5 at the North Valley City Hall Auditorium 7747 Foothill Blvd. Tujunga, the National Park Service wants to hear your opinion regarding the Rim of the Valley special resource study.

The study will help to determine what portions of the Rim of the Valley might be eligible to be included in the Santa Monica Mountains National Recreation Area and to receive federal assistance or protection. It will offer recommendations for resource protection, public use and enjoyment, as well as opportunities to think creatively about how to protect natural and cultural resources while enhancing the quality of life in our community.

The Rim of the Valley Corridor consists of the areas surrounding the Crescenta, San Fernando, Simi, Santa Clarita, and Conejo Valleys – in essence many of the hills and mountains surrounding Sunland-Tujunga, Burbank, Glendale, Pasadena, Altadena and other communities in our area.

For more information, visit www.nps.gov/pwro/rimofthevalley

# Church News

Students and teachers with Bishop Gabriel Kumordji, Susan Romero, school principal, and Holy Redeemer's priests, Fr. Ed, Fr. Jim, and Monsignor Doyle.

# Prefect from Ghana visits St. James Holy Redeemer School

#### Tricia Flynn

St. James Holy Redeemer Catholic School started its first few days of school perfectly. The students were excited, teachers were smiling, and even better, the parents were happy to get the kids back in school.

Holy Redeemer Middle School was blessed to have mass on Friday morning led by Bishop Gabriel Kumordji from Ghana. Kumordji is very familiar with Holy Redeemer, as he has spent time there before. Kumordji first came to Holy Redeemer as a priest on September 11, 2001. He hoped to be of service to the parish while he began work on his doctorate in Missiology at Fuller Seminary in Pasadena. He was welcomed by then-Pastor Msgr. Jack Foley, and so began Kumordji's relationship with Holy Redeemer. After earning his doctorate three years later, Kumordji returned to his country of Ghana to continue his missionary work but stayed connected with Holy Redeemer.

Shortly Kumordji was appointed Apostolic Prefect of the newly created Donkorkrom Apostolic Prefecture in Ghana. The Prefecture covers an area of 5,040 square miles with about 150,000 people. The islands in Volta Lake, popularly called Dwarf Islands, have about 3,000 residents and are part of Kumordji's Prefecture. The area has some of the worst socioeconomic, education and health challenges in the country. The area can be approached only by ferry boats that cross Volta Lake. Kumordji was charged with growing the local church to become a diocese in a very short time. Through the development of a strategic plan, benefactors who supported the plan and a great amount of effort, many of the initial goals set were successfully completed.

His Holiness Pope Benedict XVI recently appointed Fr. Kumordji a Bishop, the First Apostolic Vicar of Donkorkrom Apostolic Vicariate. His

consecration ceremony was held April 17 in Donkorkrom, Ghana.

Kumordji was thrilled to be a part of the mass September 3, and to see all the students on their first week of

"I liked his hat, I didn't know bishops wore pink," said fifth grader Elizabeth Stafford, when asked what she thought about the mass and the bishop

Liam Cascelli, an eighth grade student, remembered the bishop from his 2001 visit

"I was so excited to see Bishop Gabriel here again. When I was in third grade at Holy Redeemer, he used to come into our classroom for religion. I remember when he was Fr. Gabriel, and he worked with us as scouts on our religious medals. Now that he is a Bishop it is cool to know that he is working with kids in Africa," Cascelli said.

# All Nations Church seeks nominees for the Spirit of Johny Carpenter award

#### **Michael Carpenter**

All Nations Church is seeking nominees for the 2010 Spirit of Johny Carpenter awards. If there is a person or a group you want considered, please call 818-470-5235 or e-mail lamikec@yahoo.com.

Johny Carpenter created an authentic Western town and taught physically and mentally challenged children and young adults how to ride horses. Every Thanksgiving Carpenter invited all the children and treated them to a traditional Thanksgiving dinner with a Wild West show. The Spirit of Johny Carpenter awards were created to honor those in our community whose acts best exemplify what Carpenter did at the ranch.

The eighth annual Spirit of Johny Carpenter Awards and Thanksgiving dinner/Korean BBQ is scheduled for Friday, November 19. Dinner to be served at 6 p.m., followed by the awards presentation at 7:30 p.m. and a concert at 8 p.m. ANC has some of their world-class musicians performing at the concert. There will also be a silent auction to benefit the New Heaven on Earth Ranch.



Fritz Bronner and Royan Herman were 2009 Spirit Award winners.

Admission is free. We again will present community scholarships to local students (seniors in high school or currently attending college). Last year drew a record crowd approaching 400.

This event is hosted by All Nations Church, located at 10000 Foothill Blvd. in Lake View Terrace. The event is dedicated to the memory of the late Carpenter, an actor, stuntman and cowboy whose original Heaven on Earth Ranch once resided on what is now church land from 1970-1994.

# St. Luke's Anglican Church: one year later

#### Kay Wisdom

On Oct. 17 St. Luke's Anglican Church will celebrate its first anniversary of worshipping, praying and serving as a "church without walls." For the past year, they have met in leased and borrowed space for all their church activities.

"It has been a season of receiving more than giving," said Rev. Rob Holman, Rector of St. Luke's. "After losing our property to the Episcopal Diocese of Los Angeles last year, we have been adjusting to changed circumstances, like when someone loses a spouse. Everything is different but life goes on. We haven't made any big decisions and have simply carried on our existing ministries. We have also had the wonderful blessing of receiving the love and support of our sister churches as they have reached out to us."

It has been an ecumenical effort as St. Luke's has received open doors from the Seventh Day Adventist Church in Glendale, La Crescenta Presbyterian Church, both Lutheran Church in the Foothills and Mt. Olive Lutheran Church, the Four Square Church in La Crescenta, and other churches as well.

"We have been so blessed by the outpouring of love and support from our brothers and sisters in Christ this past year," said Senior Warden David Fernandez.

"Now, a year later, our entire church is looking forward to the good plans we know God has for us," said Holman.

St. Luke's will spend the next month in prayer, seeking to align their actions with God's loving concern for the people of this community and beyond. This milestone marks a time of renewal in its ministry of "Encountering Christ, Transforming Lives and Demonstrating Love" by encouraging its parishioners to reach out in love to those who might never have been in a church.

In addition to Sunday worship, St. Luke's meets weekly in small groups in parishioners' homes for Bible study and fellowship. The congregation recently completed a church-wide study of the Book of Acts at its weekly church services and in its small groups.

"The sermons, available on the church Web site, have given the church body a renewed enthusiasm to share the hope they have within them, especially the healing power of God's love," said the Rev. Garry Parker, St. Luke's Teaching Pastor. Many have found St. Luke's to be a place of healing and they want to share that with the community by offering special healing services this fall.

The congregation celebrates a midweek Eucharist at Lutheran Church in the Foothills every Wednesday at 11:30 a.m., and every third Wednesday of the month St. Luke's offers Soup Group, an outreach ministry to its older members and the community. Soup Group includes Communion, a luncheon meal and time of fellowship following the service.

St. Luke's welcomes the community to attend its weekly Sunday worship service at 10 a.m. at the Seventh Day Adventist Church Chapel, 300 Vallejo Dr. in Glendale.

For more information visit http://www. stlukesanglican.org or contact Parish Administrator Kay Wisdom at 818-249-5100 or kay@stlukesanglican.org.

Commerce Market Place Produce & Deli

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# School News

# Think like a genius

#### **Carlynn McCormick**

Can you teach your child to think like a genius? Yes, that's capital Y-E-S. But before we push children into the realm of genius, it would be good to look at what it means to be a genius.

Most people equate geniuses with high IQ, but that is the last definition in "Webster's College Dictionary," and the "World Book Dictionary" lists that definition as specific to psychology.

All other definitions talk about qualities such as: guardian spirits; having influence over others; very great power of mind; great natural ability; originality; creativity; the same as a jinni (or genie). By considering these definitions, a concept emerges: a genius is someone who stands out from the ordinary, someone who colors the world with their own special paint-brush.

The geniuses of the past had to break away from the ordinary thought of their own day to bring the world ideas such as electricity and heavier-than-air flight. Time has proven that Thomas Edison and the Wright brothers were geniuses, but here is an interesting question: how many of their contemporaries labeled them crazy? How many thought these geniuses foolish for not conforming to the authoritarian thought that prevailed?

Barring the ability to teleport to the future to verify who will be proven



genius and what will be deemed laughable, people tend to stick with what is already agreed upon.

Think of the teacher who is adamant that her students do math problems the way they are shown in the book. When one of her students devises another way of getting the right answer, he still gets it marked wrong. The usual outcome is he conforms and quits trying to find alternate ways of doing something. After all, most of schooling is about getting the right answers as they appear in the textbooks.

Perhaps this is the hardest part of education - helping our children get the basics that are needed to function well in life without stifling their creativity. They must know seven times eight is 56, for example, but how they arrive at the answer should be left to them. They might memorize it outright. Or they might say in the wink of an eye, "five times eight is 40 and two times eight is 16, add 40 to 16, the answer is 56." Or they might remember the answer by using the sequence "5, 6, 7, 8" by saying the answer to seven times eight is 56 (first two numbers in the sequence). There could be a thousand different ways to learn one's multiplication tables. The point is we don't want to kill a genius idea just because it seems foolish to us.

There is a uniqueness of thought that resides in every child, and that is what we want to encourage and bring out. Rather than just giving your child an answer, let him discover the answer. When he gives you a "wrong" answer to a problem, ask him how he came to that conclusion. Really listen to what he says - sometimes you will be amazed at the uniqueness of his reasoning. When you have the data your child is operating from, you will often find his reasoning is quite logical.

A child's ability to think, to figure things out by observation or inspection, is far superior to reciting back a pat answer someone or some book has given him. This is true even when the child's answer is not quite spot on.

As parents and teachers, we assist our children best in developing their ability to think intellectually when we:

Give them lots of opportunities to think and puzzle things out for themselves.

Encourage them to observe the world around them.

Show them how to spot similarities among differences.

Show them how to spot differences among similarities.

Support their imaginations.

Let no one fetter their minds.

In addition, the more we develop these traits in ourselves, the greater our own intellects rocket. If anyone can learn to think like a genius, then doesn't it stand to reason that we are one-for-one capable of coming up with brilliant ideas?

# St. James Holy Redeemer Catholic Schools meet for a barbecue

#### Tricia Flynn

Summer is over and school is in full swing. The families of St. James Holy Redeemer Catholic School met on Sun. Aug. 29 for a family-style get-together in Dunsmore Park.

It was a beautiful day, and everyone was excited to meet new friends and see old ones. The students who attended played relay games and heard about each other's summer adventures, while the parents and some of the teachers from both campuses mingled.

The merging of the schools has been the topic of discussion this past year, and now it is time to move forward and get things rolling. Both schools, which have now become one, still stand as top Catholic schools in this area. St. James Elementary (K-4) has expanded its curriculum, which allows for Spanish, orchestra, science and art. Holy Redeemer Middle School has also grown and is considered strong in academics and athletics.

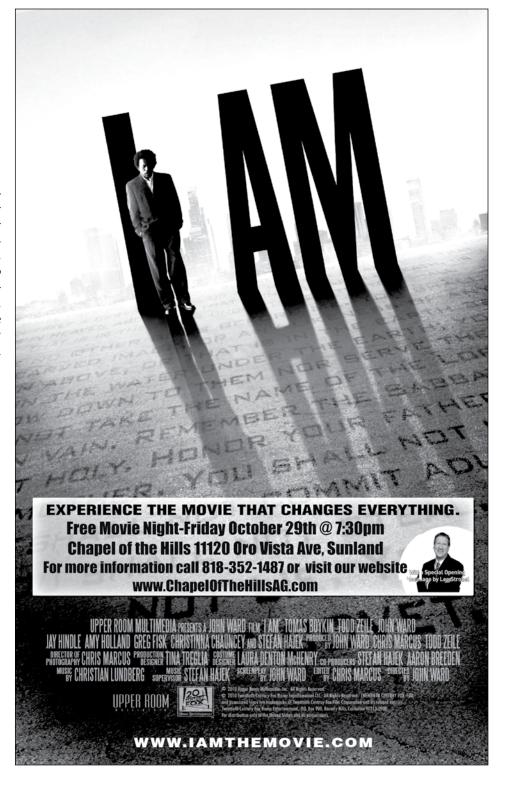
The students at Holy Redeemer have already been on campus most of the summer. The girls' volleyball team has been practicing twice a week for two hours, and the boys' football team has been working hard as well. The Cheer Squad is in the middle of their cheer camp, working out every day to get ready for the new school year.

The students on both campuses are excited and ready to get back to school. The barbecue was a great way

to start the year off by just having fun, eating, and enjoying each other's company. Principal Susan Romero and Father Ed Dover, pastor for both parishes, attended the barbecue and enjoyed meeting new parents and saying hello to the ones returning. Summer is officially over and school is in session, and for St. James Holy Redeemer, they are ready to start the new year and show the community what a great school they are lucky enough to attend.

The school is still accepting applications; call 818-248-7778 to set up an appointment to tour the campuses and pick up an application.





# Who We Are

# The Character and Characters of Rancho Tujunga

#### Memories of Thomas Theobold

#### **Marlene Hitt**

When we lose the holder of memories, we lose something of great value. Thomas Theobold is gone, but he left us many stories to appreciate. Some of his stories are about his father-in-law, Harry Zachau, as transcribed from an interview dated June 28, 1984.

Theobold tells us that Zachau was born in Germany and arrived in the U.S. when he was three. He and his childhood sweetheart, Jean Arnold, married in 1909 and homesteaded in Tujunga. Zachau, a Santa Fe railroad man, was involved in the development of a eucalyptus grove planted by the railroad in order to use the lumber for railroad ties. The railroad people had such faith in the groves of eucalyptus that the raising of these fast-growing trees created a boom industry. With that experience in mind, Zachau decided to get some land and raise his own grove of several species of gum tree; so, up the hill off Day Street is Blue Gum Canyon.

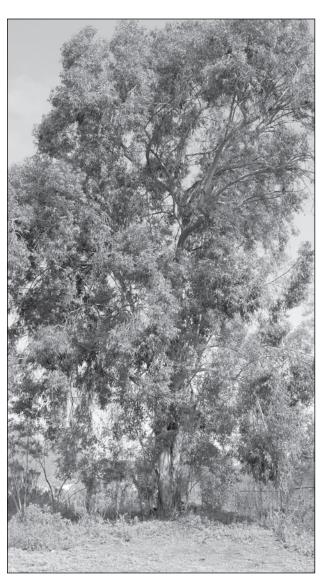
Zachau and Arnold's land was 70 acres, the boundaries being from Las Lunitas and Tujunga Canyon, and following the foothills bordering the old Rowley homestead (now Seven Hills).



The eucalyptus did not work out, so, after operating a grocery store for a while Zachau retired. Up in Zachau Canyon he developed a new interest; in 1926 he acquired a bushel of gladioli called "Los Angeles" for \$500. With his own water supply in the canyon, a 25,000 gallon reservoir, he was able to raise gladioli for market. However, the price plummeted; things got bad in the nation.

Due to the Great Depression, Zachau lost much of his land and went to work as a gardener at Olive View and at a sanitarium on Markridge in La Crescenta. The dispute over annexation of Tujunga to Los Angeles holds a story that Theobold often told, of Zachau losing the name of his street, Zachau Lane, to the city. The street was renamed by the city, called both Kyle and Las Lunitas. According to Theobold, if you were for annexation you got your name on a street. If you were against, if a street was already named for you, your name came off.

Theobold said that when he and Zachau made wine (during Prohibition of course) from all the grapes they grew, Zachau, at that time a city councilman and police commissioner, would be tipped off when the Feds were to make a raid. Zachau would gather all the bottles, take them out in the hills, bury them, and then forget where he buried them. When the bulldozers came to make the debris basin on the Zachau property, the operators would uncover a cache and work would stop for the day.





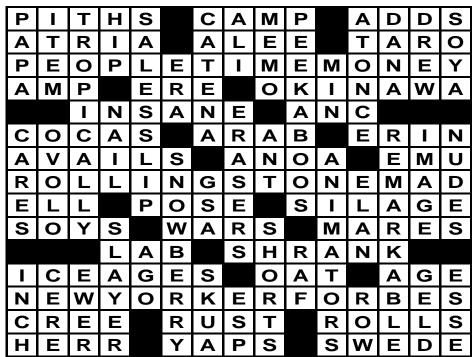
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# One year after Station Fire: Hidden Springs Cafe owner has no plans to rebuild

#### **Pat Kramer**

On August 26, 2009, the Station Fire roared across 250 square miles of the Angeles National Forest. It claimed two lives: 35-year-old L.A. County firefighter Specialist Arnaldo "Arnie" Quinones of Palmdale and 47-year old Fire Captain Tedmund "Ted" Hall of San Bernadino, who died while fighting the fire near Mt. Gleason, south of Acton. It destroyed 209 structures, including 89 residences, 26 commercial structures, and 94 outbuildings in Sunland, Tujunga, La Crescenta, La Canada-Flintridge, Altadena, Glendale, Acton and Littlerock. The Station Fire went down as the largest fire in L.A. County history.

Among the many people it impacted were the owners of the Hidden Springs

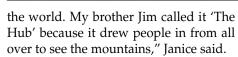
home above the cafe, and her personal property.

"My boys were fighting that fire all by themselves," Elva said. "They barely got out in time."

Jim was able to rescue his cat before he and Otis made their getaway. It was a narrow escape; due to the fire there was a lack of oxygen in the air and their truck wouldn't start. Finally, it started and they were able to escape with their lives.

"The most wonderful thing that came out of that fire was my sons. I have to thank the Lord for sparing them because it was by seconds," Elva said.

The Lewis family owned and ran the Hidden Springs Cafe for 39 years. Janice Lewis notes that her father, the late Amos



Hidden Spri

One year after the fire, the family is still cleaning up. It's a constant effort to maintain the property; all that's left is the cafe's original stone foundation.

With power still out and no cell phone signal available, it's a tough existence for the Lewises. Otis and his wife live in their mobile home, which was spared in the fire, across the road from the cafe property. Jim stops by on weekends to work on the property, while Janice says she mostly stays home in Burbank. With their formerly beautiful forest reduced to burned trees and ash, there is an overall feeling of despair.

When asked whether she will rebuild the cafe, Elva says it's too soon to make any decision

"I paid off three loans on that property, and now it's all gone," she said. "I'm not going to take out another loan now."

"To rebuild is almost impossible; we were running on grandfather clauses. And without any power we can't do anything now," Janice added.

She notes that her twin brother, Jim, has talked about possibly bringing a caboose up to the property and turning it into a donut and coffee shop to give people a place where they could stop and admire the beauty. But as she points out, there is no beauty to admire right now; just burned trees and ash.

continued on page 27



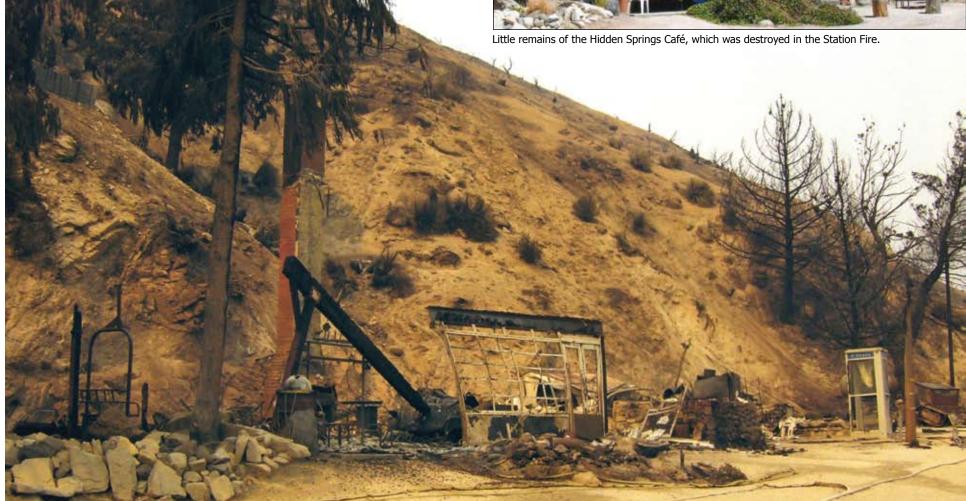
Cafe, a popular rest stop on the Angeles Forest Highway, which was burned to the ground. The cafe was a well-loved getaway for bikers, tourists, and hikers traveling through the forest. It also provided the livelihood for owner Elva Lewis, her twins Janice and Jim, and her son Otis.

Elva was on a cruise to Alaska when the fire swept over the hillside, completely engulfing the family business, her Lewis, was a deputy sheriff in Montrose and patrolled the forest for more than 20 years. When he noticed the cafe was up for sale, he purchased it to provide employment for his kids. Later, Elva purchased 22 acres on four separate parcels of land in the forest and moved up from Burbank to run the family business.

"The Hidden Springs Cafe was our 401(k); it was our livelihood. Through the years, we met people from all over







# Classic cars displayed weekly, all welcome

#### **Jackie Houchin**

If you happen to be driving on Foothill Boulevard between Tujunga Canyon Boulevard and Tujunga Canyon Place on a Thursday evening, look west (opposite Goodwill and Smart & Final) and you'll see a McDonald's restaurant.

You'll discover behind the famous golden arches a lineup of flashy hot rods and specialty automobiles. Park your car, grab a soda and a Big Mac, and take a stroll. You see some automotive eye candy up close and meet a great bunch of guys who love cars.

They are members of Early Rodders, a group of car enthusiasts that meets Saturday mornings, rain or shine, at the United Artists theater complex in La Canada. On any given Saturday there can be 40 to 140 vehicles of all types (classics, hot rods, muscle cars, trucks, bikes, etc.) and the people who gather to show them off and talk cars while munching a bagel or sipping java.

The group also contributes to the community, such as collecting toys for kids at Christmas, driving in patriotic parades, and raising money for charity. They're planning a Poker Run for charity in January.

Rick Chew, one of the founders of the Early Rodders, got a lot of requests for a Thursday evening cruise-in, so he talked to a few guys about where it could happen. Dwight Sityar, owner of a flashy red Oldsmobile convertible, scouted around and discovered the McDonald's in Tujunga.

"There's a lot of room here and good lighting at night," he said. He indicated the long parking lot behind the eatery adjacent to the miniature golf course at the Golf & Grill restaurant. "At least 30 cars can be parked here in nice rows so people could walk through and look at them."

Sityar went inside and talked to Supervisor Lidia Silva.

"She was very happy about the idea and said 'yes' right away," he said. She even designated several tables inside the restaurant especially for the drivers and offered a discount on beverages. That was August 25, the next evening the first cars arrived. "We had about nine that first night," said Sityar, "but we'll have a lot more once word gets around."

There were about a dozen cars the following Thursday. Sityar's red Olds was there, along with Dave Maher's orange '40 Willys Coupe; Russ Collins' black '34 Ford Coupe; Kenny Sapper's red '32 Ford Roadster; Mike N.'s blue '32 Ford Roadster; Edley R.'s little white "Henry J,"; Lynn Houchin's red '32 Ford Roadster; and several others who came, stayed awhile, and left.

If you have a car and want to join them or if you just want to look, the Early Rodders' Cruise-in is every Thursday evening from 5:30-7:30 p.m. at McDonald's, 6510 Foothill Blvd. in Tujunga.







Local car enthusiasts group the Early Rodders gather each Thursday evening at McDonald's in Tujunga.

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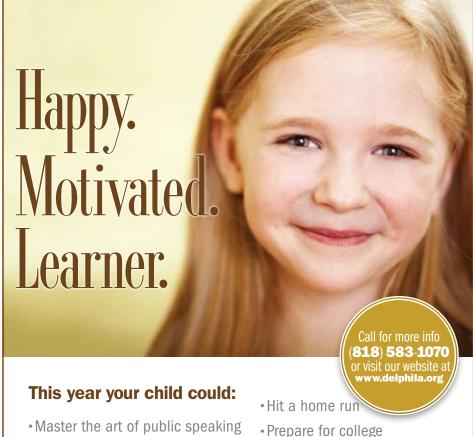
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# The Arts

#### We Celebrate them All

# McGroarty Arts Center awarded funding



McGroarty Arts Center provides affordable or free arts instruction to at-risk youth, children, and families.

#### **Monica Hicks**

McGroarty Arts Center has recently been awarded grants from the Weingart Foundation and Los Angeles County Arts Commission to support its capacity building efforts, which improve the center's already amazing services.

Often referred to as the best-kept secret in town, McGroarty Arts Center has been serving the community with innovative and quality art instruction in a unique, historic location since 1953. The inviting atmosphere of the center attracts children as young as three through senior citizens. For those who have been lucky enough to discover it, McGroarty is a second home where children, parents, and grandparents come to deepen artistic self-expression.

The \$15,000 Weingart Foundation grant represents a new source of funding for McGroarty. The Weingart Foundation makes grants to assist organizations that work in the areas of health, human services, and education. The foundation also funds activities that benefit the general community and improve their quality of life. McGroarty Arts Center continually provides greater access to the arts for those who are economically disadvantaged and underserved.

The Los Angeles County Arts Commission has supported McGroarty for a number of years, funding the Summer Concert programs, the expansion of the McGroarty ceramics program, and a variety of other events and activities. Through the Organizational Grant Program, the Los Angeles County Arts Commission awarded McGroarty \$18,300 over two

The mission of McGroarty Arts Center is to provide access to the arts through in-depth arts instruction and experiences. Affordable or free multidisciplinary arts instruction is offered to at-risk youth, children, and families, as are performances, exhibitions, and events that engage the greater public. The center is a venue for artists to present their work, while preserving the legacy of John Steven McGroarty and his historic home.

McGroarty's highly qualified instructors and staff create an enriching experienceforeachstudentthatresultsin works of art as unique as the individual who created them. The center offers a wide array of performing and visual art classes including piano, guitar, violin, ceramics, drawing, painting, dance, and theater. More than 360 courses are offered throughout the year. McGroarty Arts Center is a non-profit organization committed to providing affordable arts instruction. Classes start at just \$45 for eight weeks of instruction. Scholarships are available.

For more information contact monica@mcgroartyartscenter.org or visit http://www.mcgroartyartscenter.org.





# True creativity heard in music from the past

#### **Bozz on Bass**

There is something to be said for digging back in time to what were once pleasurable experiences. This is so true in the field of sound. Right now one can spend great loads of cash for vinyl records. Turntables (real ones) are making a comeback.

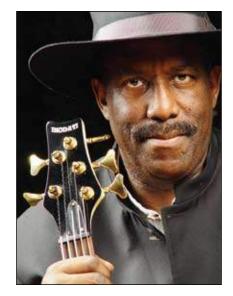
Top dollar for the music of old, why is that? Each Memorial Day and Labor Day our local and syndicated radio broadcasts feed us the top 100 songs, albums, and artists of all time. What is the appeal? It would be very easy to say we are all being nostalgic. I'm sure that has something to do with it, but I have come to notice another aspect to this that I experience whenever I perform, or I'm with a group of people listening to songs.

Something happened during the '70s that made it possible for more people to get their hands into music than ever before. Prior to this time period, many musicians were well trained in the craft, either with formal training of an instrument in band or orchestra, or by playing a lot and hitting the proving grounds forming groups that went through the fun (and pain) of playing at local events, bars, school dances,

With the advent of electronic music and sophisticated home recording equipment, a creator of music did not have to stand in front of an audience to prove his skill. To be fair, many skillful musicians took advantage of the new technology as well; however, there was a large influx of simpler music that somehow caught on. One can hear it blaring out from cars in just about any major city or suburb. Is it just me, or do you notice the similarity in this music as a car goes by?

Older music has a great variety of influences and styles and is highly regarded for the sheer wealth of creativity. Very few modern rappers, to take one genre as an example, have bypassed the temptation of sampling sounds of great R&B artists of the past. It's just filthy rich with flavor.

I lived through that time period and had the opportunity to play with some of those great originators; and therein lies the rub. To be an originator, one creates the work. Collaboration is different from sampling work. It is true that the older artist benefits from receiving residual checks coming in, sometimes at an even higher rate



nowadays, than the original song of way back when through the new artist sampling.

But I would challenge anyone to listen to some original songs and tell me the impact to the audience was not greater at that time. Yes, we old timers can conjure up fond memories of what we were doing and fall in love all over again with past pleasurable moments.

Listening closely, one will hear total creative skill at work, as opposed to manipulation of something that has already been recorded. This might sound like I am bashing new artists; but back in the day, there would never be a genre called "scream." Why? Anyone who could not sing well would not have been allowed on stage. Parents and neighbors would protest. Dogs and cats would scurry away.

Honestly, the sequence would go this way: Young person wants to sing or play an instrument. Parents would get the kid some lessons or have them join the school band, choir, or glee club (I do realize there have been cutbacks in schools in this area). Family members or friends would encourage and help the youngster study the craft. The budding artist would form groups, rehearse, and play out. All would be proud of the many hours of hard work that now looks as though it could pay off. The actions taken to arrive now have value.

This is the road Beyonce traveled. As for writers and composers, what I'd like to do is encourage new artists to create their own sound and identity by taking charge of the entire



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# Cooking with Mary

#### An Italian autumn meal

#### **Mary Caruso**

An Italian autumn meal: apples in my spaghetti sauce? Yes, this spaghetti sauce recipe has apples in it. Different fast, easy, and delicious! Try it once, you will be surprised. Also, it is a great recipe for your vegetarian friends. I love the sweetness of the apples with the tomatoes, crunchiness of the celery, creaminess of the cheese and of course the aroma of the fresh sweet basil and garlic. This recipe takes very little time; it's great on an evening when you get home late and need a nice meal to serve the family.

An Italian Autumn Meal Serves 4-6

#### Ingredients

- 1/4 cup extra virgin olive oil
- 1 1/4 cup chopped celery (1/8 inch dice)
- 1 1/4 cup chopped onion (1/8 inch dice)
- 3 garlic cloves, minced
- 28 oz can crushed tomatoes, puréed in blender
- 1 medium Red Delicious apple
- 1 medium Granny Smith apple
- Salt and pepper to taste
- 8-10 fresh basil leaves, chopped, or 1 1/2 tsp dry basil, crumbled
- 1 lb spaghetti
- 1 1/2 cups Corsica Deli Special Blended Grated Cheese

#### **Directions**

Place a large pot of salted water on high heat and bring to a rolling boil. Meanwhile, in a 12-inch diameter skillet or sauté pan add 1/4 cup oil on medium heat. Add celery and onions; stir and cook on medium heat to soften onions, just until onions start to turn brown; do not brown. Add minced garlic; stir 1-2 minutes. Add pureed crushed tomatoes with 1/2 cup water. Simmer uncovered, stirring occasionally, for about 10 minutes. Add salt and pepper to taste.

While sauce is simmering, cut apples in half, core, and remove seeds. Grate the apples on largest side of your cheese grater. Once the sauce has simmered for 10 minutes, add grated apples and stir. Add basil. Stir and simmer about 10 minutes.

Once you have added the apples and basil to the sauce, it is time to add the spaghetti to the boiling water. When the water returns to a boil, simmer pasta about 8 minutes. Taste a piece before removing the spaghetti; it should be cooked al dente. Reserve 1/4-1/2 cup of the water from the pasta pot and add it to the sauce. The sauce should still be a little thick. Lightly drain the spaghetti (it should be a little wetter than usual) and add to sauce; cook and stir about 2 minutes. Turn off the fire. Add about 1/4 cup of grated cheese; stir. Add another 1/4 cup of grated cheese; stir. Serve immediately, topping pasta with a little grated cheese. Serve with a green salad, garlic bread and a bottle of your favorite red wine.

Bona Fortuna! (Good Luck)

You will find some of these ingredients at Corsica's Italian Deli in Sunland. Call Mary at 818-352-7213.



# The Poetry Corner



## One spring

#### Jane Fontana ©2010

Like recovery from shattered love The forest returns after fire. A striking and boastful presentation Comes with the first spring. Blooms distract from the blackness Of the broken heart beneath Spreading their color and perfume with ostentation. Everywhere the eye and nose succumb to the trickery Of the landscape overcompensating

For the fading ash. The forest struts its little stuff

While the large and glamorous trees stand as shadows

In the near distance, scorched and dead. The thickness of its health will return

But that is slow.

The wound beneath is large and one spring Is just a scarf on the baldhead of the ailing patient.

So the broken-hearted all sing a similar

Loud and thin song

We sing together reminding ourselves

We are here!

We are beautiful!

And, we, too, will someday heal.

#### Wild

#### Dorothy Skiles ©2006

Everything

Grows wild if left unattended, Without barriers of wire and lumber

Or stone,

Without a callous hand against the plow To raise the soil so its dark side

Sees the face of the sun too,

Without the eyes like an eagle to lay the seed straight, In good times and bad, mile after mile, after mile

And beyond,

Without a strong, but tender heart to tend the crops, To prepare for the harvest, and to know when...

It's time, it's time.

## Pinkpetals

#### **Marynance Schellenbach**

Delicate spunsugar pinkpetals whitepetals fragile creative perfection of crosslacing froth springtime incarnate on whipslender branches a dappled-down spectrum of pink cream and white

Unseasonable unreasonable the wildwind assaults you assails you whips you and tears you

Fragile delicate pinkpetals whitepetals bending and bowing on whipslender branches cling firmly protecting the promise of lifegiving fruit

Calmness warm sunlight spills of gold pollen from pockets on bees gentlesoft windbreath new life in the making fragile delicate spunsugar pinkpetals snow softly carpeting earth.

#### One year after continued from page 23

"I miss seeing the people we knew, our customers," Janice said. "All of them were special and close to us. I miss seeing their faces, hearing the bikes roaring and I miss the conversations."

To keep the memory of their business alive, Janice has created a Web site: http://www.hiddenspringscafe.homestead.com. Through it she continues to keep in touch with people from all over the world: some who

knew the cafe and others who just heard about it, like survivors of Hurricane Katrina who have written to her. The e-mails help the Lewis family stay connected and give them hope that they are remembered.

> Pat Kramer, "Writer For Hire," is a longtime Sunland resident and a professional writer. Visit http://www.writerpatkramer.com.

## Local poet, musician reflects on Station Fire

#### **Ariyana Gibbon**

Jane Fontana penned these words: "When the universe reminds us of its power, through a showing of stars or catastrophes, we may step out of insignificance and gaze clearly at the vastness behind and ahead."

Fontana writes poetry that is outside of any movement, generated by a will to define these moments of clarity.

Born in Southern California, Fontana was raised amid the stifling conformity of the suburbs and the inspiring uniqueness of the landscape. An avid backpacker by age six and a professional musician at 14, she continued the pattern as a witness to natural beauties and dangers, and to human hopes and tragedies.

While working as a Los Angeles County Lifeguard and bar band musician, she obtained her B.A. in English, Creative Writing: Poetry from Cal State Long Beach. Fontana now composes music for film and television, with credits ranging from big-budget Schwarzenegger films to MTV reality shows. Her music is recognized by its edge, its emotional resonance, and when a vocal is present, its lyrics.

Fontana's poetry masquerades as vernacular, rhythmically lulling the reader into a world of concentrated imagery and revealing metaphor.

In 2004, Fontana moved from Hollywood to a cabin in the Angeles Forest. She married Mark Fitzsimmons in 2007. The ceremony and celebration were held at Lightning Point, the south-facing promontory of Mt. Gleason.

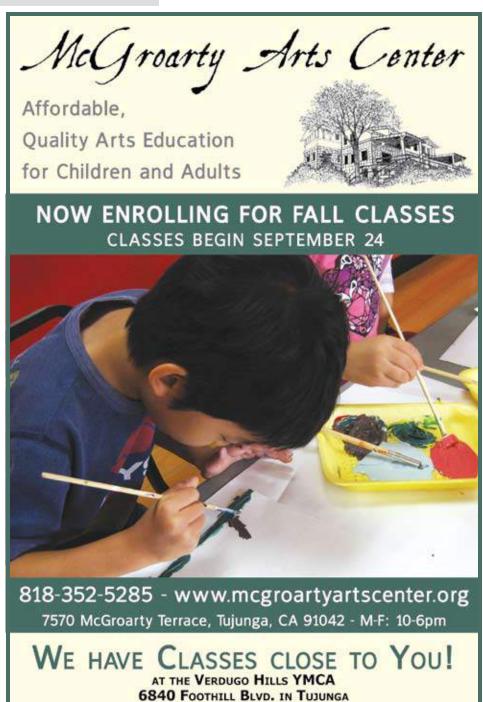
The Station Fire raged through both her neighborhood and her wedding site. Fontana's was one of two remaining houses on her road, which subsequently became endangered by winter's mudflows. Its 1929 charm still stands, as does the burgeoning new environment of Lightning Point.

Saddened and exhilarated by the destruction and recovery of the forest, Fontana has written a series of poems as a catharsis for her own survival. You can contact her at janefontana@earthlink.net

By Jane Fontana

Desire comes on Like a hurricane A forest fire An earthquake Fooling ourselves about predictions We listen for omens In the cries of dogs Craving safety We stockpile all our goods Just in case Love comes roaring through





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# The secret of poetry and music

#### Maja Trochimczyk Sunland-Tujunga Poet Laureate

Is it hard to be a poet? Apparently not. Someone said that there are more poets on this planet than ants. I would not go that far; nonetheless, I'm constantly surprised and delighted by encounters with poets in so many different walks of life. Before moving here from Montreal, Canada (and earlier, from Poland) I thought that Los Angeles was a place where every second person is an actor or screenwriter waiting for a lucky break; I know now that it is a place of poets and artists. I'm blessed with many new artistic friendships.

There are numerous poetry readings across town, organized by many different groups. Here in Sunland-Tujunga, a small town in the foothills, we have a museum, art center, historical society, and so much more. Three groups of poets welcome members: Chupa Rosa Writers, McGroarty Chapter of the California Association of Chaparral Poets, and Village Poets. There has been a monthly poetry reading series first called The Eccentric Moon, then Camelback Poetry Readings, and now Village Poets Readings. We've had festivals and publications, and since 1999 the institution of the Poet Laureate.

What does such a Poet Laureate do? A Poet Laureate is expected to read, write, promote, teach, publish, and breathe poetry. Until 2006 I had never read my poetry in public, nor gone to public readings. I always had poems at home on my shelf, in my native language of Polish, in bilingual editions, Italian, French, and in English. I started writing after immigrating to Canada, when I felt completely out of place in my new country and decided to make a home for myself in a new language. I did two contradictory things at the same time: I changed my name back to my impossible sounding/looking Polish original, and I started writing poetry in English. Thus, I have established a hybrid identity that is from neither Old World nor New World.

This state of not really belonging anywhere is the fate of a displaced person who left one country and cannot grow roots in another. Poetry became, for me, a way of rooting myself into the new culture, exploring a new world of imagination, and recording and communicating the most intimate thoughts and emotions.

Since I like going to concerts and exhibits, I often write about music or art. This spring, I published a book of poetry about the sublimely beautiful romantic piano music by Fryderyk Chopin, whose

200th birth anniversary is celebrated this year. Called "Chopin with Cherries: A Tribute in Verse," the volume includes 123 poems by 92 poets from countries around the world, who all love Chopin's music (http://www.moonorisepress.com/chopin. html).

The title comes from one of my poems, based on a childhood memory of eating cherries while sitting in a tree, and listening to a Chopin concert on the radio.

A Study with Cherries After Etude in C Major, Op. 10, No. 1 and the cherry orchard of my grandparents, Stanisław and Marianna Wajszczuk.

I want a cherry, a rich, sweet cherry to sprinkle its dark notes on my skin, like rainy preludes drizzling through the air.

Followed by the echoes of the piano, I climb a cherry tree to find rest between fragile branches and relish the red perfection – morning cherry music.

Satiated, sleepy, I hide in the dusty attic. I crack open the shell of a walnut to peel the bitter skin off, revealing white flesh – a study in C Major.

Tasted in reverie, the harmonies seep through light-filled cracks between weathered beams in Grandma's daily ritual of Chopin at noon.

To honor my other set of grandparents, at the border of Belarus, I wrote about my summer memories of harvest, that even little children had to participate in. Thanks to Polish national radio broadcasts, Chopin's music was present everywhere and people were all the better for it. Their attachment to this music had a root in national history and in a characteristic trait of defiance,

connected to a sense of honor and nobility. During WWII, the Nazis banned Chopin and playing his music in public or listening at home was punishable by being arrested and sent to a concentration camp. People grew more attached to it, as a result. On Oct. 17, we remember Chopin's death at the age of 39. He is long gone, but his music remains, constantly enriching our lives. When composing he worked hard, making sure every note was just right. This is how we write poetry, too: making sure that every word is just right.

#### Harvesting Chopin

After Mazurka in F-sharp Minor, Op. 59, No. 3, for my grandma Nina, Uncle Galakcyon, and father Aleksy Trochimczyk.

> The straw was too prickly, the sunlight too bright, my small hands too sweaty to hold the wooden rake my uncle carved for me. I cried on the field of stubble; stems fell under his scythe.

I was four and had to work – Grandma said – no work no food. How cruel! I longed for the noon's short shadows when I'd quench my thirst with cold water, taste the freshly-baked rye bread

sweetened by the strands of music wafting from the kitchen window. Distant scent of mazurkas floated above the harvesters dressed in white, long-sleeved shirts to honor the bread in the making

The dance of homecoming and sorrow – that's what Chopin was in the golden air above the fields of Bielewicze where children had to earn their right to rest in the daily dose of the piano – too pretty, too prickly, too bright

